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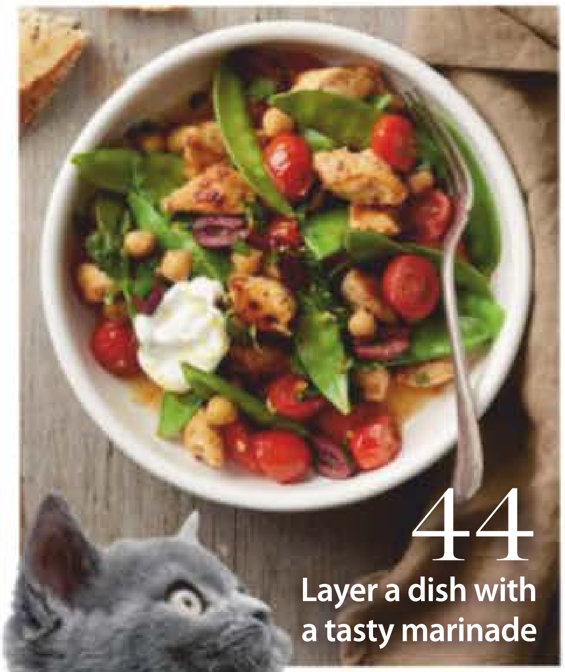
SPECIAL OFFER

Turn to page 136 and subscribe to six issues of *Diabetic Living*, and you'll receive the *4 Ingredients Diabetes* cookbook for FREE.



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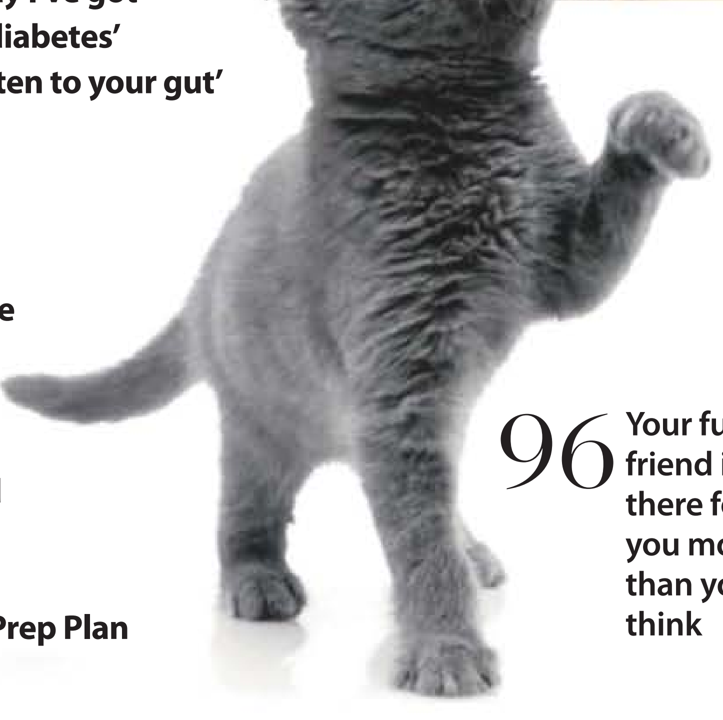

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Better Homes and Gardens
diabetic
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OUR EXPERTS

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Dr Ramy Bishay
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Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

It's all about connections

A diagnosis of diabetes can be scary and isolating. There's a lot to take in, and health-wise, things can change rapidly. In this issue, we speak to people who are determined to overcome that isolation and support others in the same situation. On page 14, meet Ange Liston-McCaughley, who founded the Type 1 Foundation after her daughter was diagnosed at nine. Then see our feature on page 112 about online support groups.

Of course, if you're looking for delicious recipes, we've got plenty in this issue (from page 16). Our cover star is a fab low-carb cheesecake (page 69) that's ideal for a dinner party. There are also easy mid-week meals, flavour-packed marinades and sun-kissed recipes from the Mediterranean, considered the world's healthiest diet.

Weight management and diabetes are two topics that are closely linked, and our book extract by Professor Roy Taylor (page 106) looks at how rapid weight loss – via meal-replacement products – could be the key to escaping type 2. Bariatric surgery is another potential weight-loss method if diet alone hasn't worked (page 86).

If you own a pet, you already know the joy an animal can bring. But did you know there are health benefits too? See page 96. I'm already the humble servant of a cat, but am thinking of adding a dog to this mix, so this story added to my enthusiasm.

We love hearing your views on the issue, so feel free to get in contact. Until next time.

Alix

Alix Davis, Editor

Correction

Your Healthy Life in the Mar/Apr 2020 edition contained some incorrect information.
While the elderly would benefit from having their BGLs automatically measured, an insulin pump does not do this. Rather, an insulin pump delivers a certain dosage of insulin automatically to the body. To have your BGLs measured you would require a continuous glucose monitor or sensor (CGM) to do so. Both items would benefit the elderly.

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.

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TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers. Email us at **diabeticliving@pacificmags.com.au**

Any questions regarding your diabetes, talk to your ***health-care team.***

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

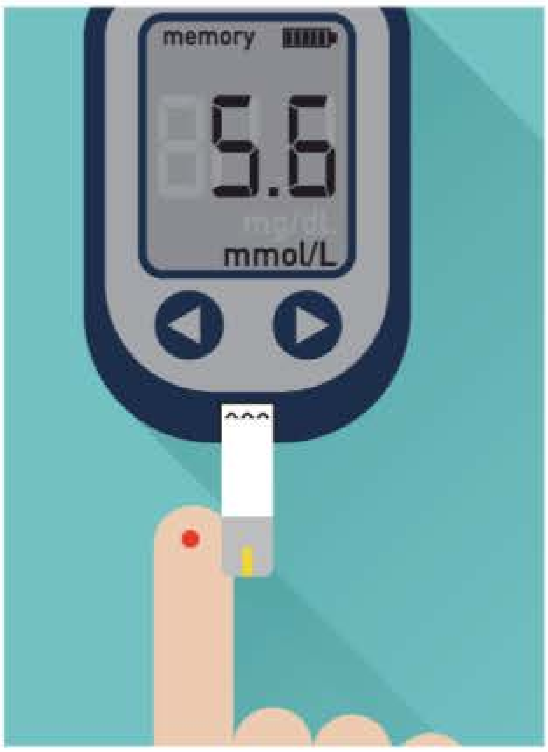
START HERE

A diagnosis of diabetes can be scary at first – don′t panic, we′re here to help

DIABETES 101

Getting your head around ″diabetes lingo″? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.



- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

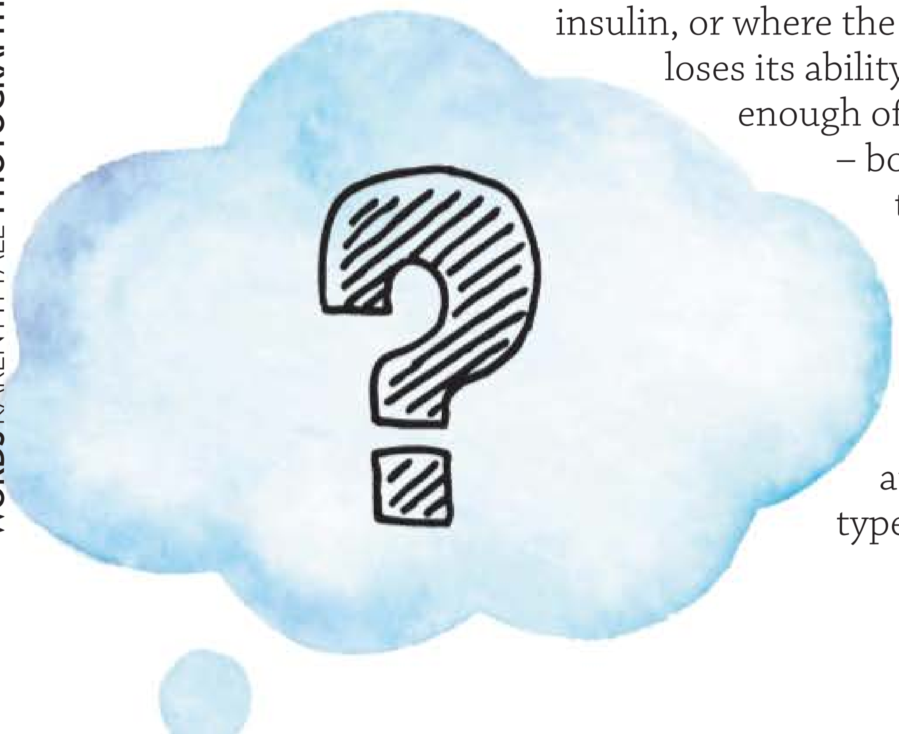
TYPE 1 AND TYPE 2...

What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

> **Losing just 5% of your body weight can have a positive impact.**

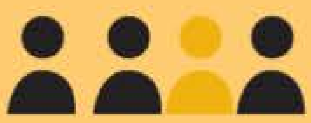


WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthylife

The latest facts & global news on diabetes, to assist with your wellbeing

HELP WITH SCHOOL

Do you feel overwhelmed with the idea of your child with type 1 diabetes going to school, a place where they are left without you and are required to know what to do if their BGLs drop? Just as your healthcare team is an important part of your journey with diabetes, so, too, is the school. Funded by the Geelong Community Foundation and supported by Type 1 Voice and the Type 1 Foundation (see page 14), the free T1D Parent Guide is now available to help you understand the best practices for your child. Visit t1d.org.au to download your copy.

STRUGGLING TO UNDERSTAND YOUR DIABETES?

An innovative free resource is now available to help people with type 2 manage treatment and better understand their hypos. "Around 80 per cent of medical information provided by doctors is forgotten straight away," says Cathryn Corcoran, CEO at Medicine X. "The Xplained resources are designed to fill these gaps in a creative and powerful way." Using real-life examples, the website explains the warning signs, managing low BGLs, treatment, education and the long-term effects you may experience if you do not manage your BGLs well. For more information, visit type2diabetesexplained.com.au.

$300m for CGM

Australians with type 1 diabetes now have free access to the government's new **Continuous Glucose Monitoring system**. This $300 million initiative will provide fully subsidised products, which would save more than $2400 a year for those using the FreeStyle Libre flash glucose monitoring system. For more information, talk with your GP.

A WALNUT A DAY

Penn State University research has found eating walnuts daily is linked to heart- and gut-health benefits. The study – published in the *Journal of Nutrition* – of 42 people aged between 30 and 65, and who were overweight or obese, saw those who ate walnuts daily record an increase in a number of good bacteria, including Roseburia (associated with protection of gut lining) and Lachnospiraceae (reduction in blood pressure, total cholesterol and non-HDL cholesterol). Researchers are now interested in the impact on BGLs.

NOTE: Before adding walnuts to your diet, discuss the appropriate amount with your dietitian.

Just one breath

The most common cause of ketones in people with diabetes is insulin deficiency, and a build up of this can lead to diabetic ketoacidosis (DKA). People with diabetes should check ketone levels when BGLs are high (above 13.3mmol/L) and when you're sick (even if it's just a cold). Currently, blood and urine tests are required for accurate ketone levels, however, the **KetoScan Mini** is designed to accurately obtain your ketone levels from a simple three-second breath. This handheld electronic meter measures acetone concentration in your breath up to 99 parts per million, and can be done at home or on the go. For more information on ketones, discuss with your healthcare team; and for more on the KetoScan Mini, visit andatechdistribution.com.au.

The key to WEIGHT LOSS

Australia's national science agency, the CSIRO, has conducted one of the world's largest weight-loss studies, following almost 60,000 Aussies on the **CSIRO Total Wellbeing Diet** from 2015 to 2019. This study is helping the team create a scientifically formulated eating plan for the digital age. Research found participants who completed a 12-week online program lost an average 5.3 per cent of their starting weight – three times more than participants who didn't reach the end of the program. Visit totalwellbeingdiet.com.

Q&A ASK ELISSA

At what age did you allow your children to be independent enough to start to control their own diabetes management?

Elissa says: If my children ever wanted to do their own blood glucose test, I would allow them to. I even let Freddie at three years of age do this. I also allowed my children the choice between having an extra injection and eating extra food or not eating at all. Even three-year-old Freddie would give himself his own needle under my watchful eye.

I always took control of doing their BGLs and recording this into their Record book, giving injections if they didn't feel like being involved or were a little burnt out.

However, we found that once my boys started on the Insulin Pump, they became even more independent. Now they are all healthy teenagers and adults, I can see that giving them this freedom has set them up for consistent and confident self-management. ➤

Elissa Renouf is the owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

HEALTH DRINK OR SOFT DRINK?

A new study led by researcher Dr Rob Hallak from the University of South Australia found consumers are opting for healthier drink options – such as kombucha, super juices, herbal teas and bottled water – over alcohol and soft drinks. However, across Australia and New Zealand, of the 400 restaurants, cafes and hotel managers surveyed, less than 10 per cent of these businesses offered a 'healthy drinks category' on their menus. Despite this, the demand continues to grow.

Keep your sight

Within the first 20 years of a diagnosis, people with type 2 have a 60 per cent chance of developing diabetic retinopathy. Despite the possibility of reducing severe vision loss by up to 98 per cent with early detection and treatment, nearly half of all Aussies with diabetes are not regularly getting their eyes examined. As people with diabetes are known to visit five to 10 different healthcare professionals to help manage their condition, this provides ample opportunity for all experts to encourage regular screening and introductions to programs like KeepSight. Stay up to date with your eye health at keepsight.org.au.

E
F P
T O Z
L P C D
R T L O Z

1.3 MILLION

Australians live with diabetes and are at risk of irreversible blindness

Early detection

JDRF Australia is currently funding a pilot program that has recently launched with the aim of creating a non-invasive test that can indicate whether a child is at risk of developing type 1 diabetes before they develop symptoms. An early diagnosis is believed to not only raise awareness through early identification, but would in most cases prevent the individual from experiencing the serious, and sometimes fatal, complication known as diabetic ketoacidosis – which is often when many families are currently receiving a diagnosis.

This program is still in its early stages, with multiple aspects still to be considered by researchers.

FOR YOUR EARS

Living Well With Diabetes is the newest podcast you should listen to. Through Diabetes Victoria, this podcast is hosted by former AFL player Jack Fitzpatrick, type 1, and offers tips and real-life stories for people in the diabetes community. Listen on Apple Podcasts, Spotify or Whooshkaa. Visit diabetesvic.org.au/podcasts.

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Q&A ASK DR LINJAWI

I've been thinking of starting continuous glucose monitoring but am not sure which type is best for me...

Sultan says: Continuous glucose monitoring gives you greater control over your BGLs as you can assess how you are tracking. It's also great for your diabetes team to make treatment changes. These systems record 288 readings every 24 hours, far better than a few finger-stick tests.

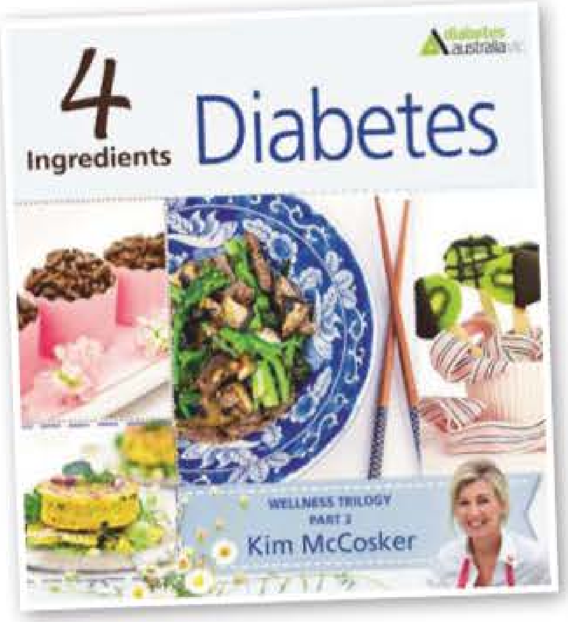
There are a few systems and expect to see more soon. The Libre CGMS will give you a glucose reading each time you scan the sensor with its device, but will only give you a low/high alarm when you do a scan. Dexcom and Medtronic have auto alarm systems and even let you know if they think you're at risk of going low. Medtronic 640G insulin pump wearers have an added safety that the pump will stop insulin delivery if the sensor predicts you are going to go low before it happens!

The type of system depends on what you want to achieve. It is worth spending time with your doctor or educator to get the right system for you. ➤

Dr Sultan Linjawi, endocrinologist

IS A.I. THE ANSWER?

Researchers at the University of Warwick in England have developed technology that uses artificial intelligence to detect low BGLs without the need for a fingerprick test. Through wearable sensors, their technology uses raw electrocardiogram (ECG) signals (heartbeats) to determine a hypoglycaemic event with 82 per cent accuracy, which is comparable with continuous glucose monitoring systems. As an ECG – a test designed to measure the heart's electrical activity to determine heart problems – can detect heart changes at all times, this non-invasive test could provide clinicians with an insight into adapting therapy.



SHARE YOUR RECIPE!

Do you have a diabetes-friendly 4 Ingredients recipe that you would like to share?

For a chance to have your favourite recipe featured in a new edition of *4 Ingredients Diabetes*, due for release in 2020, please email your recipe to info@4ingredients.com.au.

Diabetes breakthrough

Scientists at Washington University School of Medicine in St Louis have revealed they have functionally cured severe diabetes in mice. These mice had blood glucose readings of more than 500mg/dl (27.7mmol/L) – levels that are fatal for humans – but within just two weeks of being infused with converted human cells (cells designed to produce insulin) their readings had returned to normal. Although these mice were only functionally cured for nine to 12 months, it is an exciting breakthrough.

Q&A ASK RACHEL

Why are my glucose levels lower when I go to bed, but higher when I wake up? I haven't eaten anything!

Rachel says: First thing in the morning, our BGLs are more likely to be a hormonal response, rather than anything we have eaten. The liver releases glucose while we are not eating, to ensure cells needing glucose all the time always have this glucose, even when we are not eating (like when asleep).

Insulin resistance, particularly with type 2, where the body is unable to use insulin effectively, will affect how the liver processes, stores and releases glucose, particularly at night. Hormones are causing this natural rise in blood glucose released from the liver, but the body is not able to cope with the glucose due to insulin resistance. The cells needing glucose aren't receiving the glucose because of insulin resistance and therefore BGLs rise. Unlike mealtime blood glucose, which can be somewhat managed with diet and exercise, high-fasting blood glucose usually needs to be treated with medication.

For more information, turn to page 90. ■

Rachel Freeman, diabetes educator

WORDS ELLIE GRIFFITHS PHOTOGRAPHY GETTY IMAGES

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CREATING A *caring world*

The isolation that descended after her daughter Lila's type 1 diagnosis drove Ange Liston-McCaughley to raise awareness and create a supportive community for other families

Ange Liston-McCaughley's journey through the world of diabetes began in 2014, when her eldest daughter, Lila, was diagnosed with type 1 at the age of nine. The Geelong family were on holiday in Queensland when they knew something wasn't right with Lila. She had a strong smell coming from her mouth, struggled to breathe properly, and was vomiting, lethargic and unable to keep down food or drinks. Ange rushed Lila to the GP. Her condition was deteriorating by the minute.

Before they knew it, they were being told Lila was an hour away from falling into a coma, and were rushed to hospital via ambulance. Lila had developed diabetic ketoacidosis, and was fighting for her life in the ICU. "Looking back now, I distinctly remember the moment," recalls Ange. "I was thinking how this should not be happening to us and how this must never happen to another family. Ever. But we were one of the lucky ones and our daughter's condition improved. Thus began our new life with type 1."

During these early days, Ange was at the height of exhaustion: stressed, isolated and overwhelmed with the new diagnosis, all while nurturing their youngest (who was only four weeks old). "As we came to grips with the routine of waking on the hour, firstly to feed the baby and then waking to monitor Lila's BGLs – not to mention coping with all the mental and physical demands this new life created – I knew I needed a circuit breaker," she says.

After becoming increasingly frustrated at how common a misdiagnosis of diabetes occurs, Ange wanted to create change. "I knew I had two legs and that I could use them for something good. Then, one day, it hit me. I literally jumped up off the couch and declared to my family I was going to run a marathon! Not just any marathon, it was going to be one of the toughest: the Great Ocean Road Marathon."

Training for, and running, the marathon wasn't just a chance for Ange to clear her head and get some exercise, it also became an opportunity to speak up. "Initially I just wanted to create

TYPE 1 FOUN
Suppo
TYPE 1 FOUNDATION
1545

Ange completed a half marathon at the Geelong Ironman.

No person should ever feel alone in their type 1 journey

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** SUPPLIED BY ANGE LISTON-MCCAUGHLEY

ABOVE: Type 1 Foundation care packages. RIGHT: Ange and husband Leif with children Ollie, Lila, Paddy and Leo.

as much awareness as possible so Lila will never feel isolated or different in the future," she explains. Through this, one marathon turned into 10 in 12 months, and her goal of raising diabetes awareness expanding across the country.

Upon returning from her final marathon of 2015, Ange and her husband, Leif, established the Type 1 Foundation to assist families living with type 1 around Australia. Initially they supported four families in Geelong, by inviting them to their family activities and connecting them with other families in the same position. The Type 1 Foundation quickly gained momentum as they sent out special care packages to local families upon hearing of their diagnosis – and today they support and assist more than 1000 people across Australia, and have recently launched a sub-branch in NSW's Hunter New England region.

"After my own daughter was diagnosed I'd never felt more alone in my life," Ange says. "The isolation is overwhelming and just knowing that someone else is out there caring is priceless. Especially someone who knows exactly how you're feeling."

The care packages offered by the foundation for newly diagnosed families include practical items, such as hypo kits for when a child returns to school, a soft fluffy dog to cuddle when feeling scared or alone, colouring books for hospital visits, a candle and card for Mum and Dad, and many more surprises. "This is just a small gesture from families who have been there. It's not meant to be educational," Ange explains.

Lila and Ange

In just four years, the foundation has expanded to offer online support groups, funding for a free online school training program and multiple events – including gala fundraising dinners (with the raised amount going directly back into funding for events, programs and care packages), camps, surf days, running groups, information seminars, and separate Mum- and Dad-nights – for type 1 families to feel supported and connected.

The beginning of 2020 also saw the announcement of a bushfire relief program by the Type 1 Foundation, following the devastation of the summer fires. Connecting with diabetes educators, pharmacies, medical centres and volunteers from within the foundation, Ange has aided in the creation of packages for those immediately affected by the bushfires.

"We have been overwhelmed by the response and inundated with messages of support to help, from packing to donating their own supplies to ease the burden," she explains. "Much like our care packages, our bushfire relief packages are about providing ongoing support for affected families. Connecting them with the right support and showing that we care and we understand how hard it is to think about type 1 when you're going through a crisis. So, we hope to ease some of that loneliness." ■

For more information on the foundation, or to find out about how you can get involved, visit type1foundation.com.au.

5 days 5 dinners

Make every week a great week with these simply delicious dinners

NUTRITION INFO
PER SERVE 1260kJ, **protein** 34g, **total fat** 7g (sat. fat 1g), **carbs** 21g, **fibre** 8g, **sodium** 433mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

LC

MONDAY

CHICKEN, KALE, COUSCOUS AND TOMATO SOUP

A hearty soup as the weather gets colder.

see recipe, page 21 >>

How our food works for you
see page 80

NUTRITION INFO

PER SERVE 1690kJ, **protein** 46g, **total fat** 17g (sat. fat 5g), **carbs** 12g, **fibre** 8g, **sodium** 307mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

TUESDAY

CHARGRILLED TOMATO, LAMB AND ROCKET SALAD

Get your protein with this quick, fresh salad.

see recipe, page 21 >>

GFO LC

WEDNESDAY

STEAK WITH CREAMY DILL SAUCE

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A MAIN)

250g Gilicious Lower Gi Potatoes, unpeeled, chopped
Finely grated zest of ½ lemon
1 clove garlic, crushed
1½ tsp extra virgin olive oil
250g lean rump steak medallions, trimmed of fat
160g green beans, trimmed, steamed, to serve
2 carrots, cut into sticks, steamed, to serve

Creamy dill sauce

60ml (¼ cup) Philadelphia Light Cream For Cooking
Finely grated zest and juice of half a lemon
2 Tbsp salt-reduced chicken stock or gluten-free stock
1 tsp Dijon mustard or gluten-free mustard
2 Tbsp chopped dill
Freshly ground black pepper

1 **Preheat oven** to 200°C (fan-forced). Line a small ovenproof dish with baking paper. Place potatoes, lemon zest, garlic and 1 tsp of the oil in the dish. Toss to coat. Roast for 20 minutes, stirring once, or until potatoes are light golden brown.

2 **Meanwhile,** heat remaining oil in medium non-stick frying pan over medium-high heat. Add steak and cook for 2 minutes each side (for medium) or until cooked to your liking. Transfer to a plate and cover loosely with foil to keep warm.

3 **Combine cream,** lemon juice, stock and mustard in a small bowl. Add mixture to frying pan and return to medium heat. Cook stirring, until sauce comes to a simmer. Simmer for 1 minute or until sauce thickens. Remove pan from heat and stir in lemon zest and dill. Season with pepper.

4 **Slice steak.** Divide the steak, potatoes, beans and carrots between serving plates. Spoon the sauce over steak, or serve on the side. ➤

NUTRITION INFO

PER SERVE 1470kJ, **protein** 33g, **total fat** 14g (sat. fat 4g), **carbs** 26g, **fibre** 10g, **sodium** 328mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

NUTRITION INFO

PER SERVE 1190kJ, **protein** 31g, **total fat** 13g (sat. fat 5g), **carbs** 7g, **fibre** 8g, **sodium** 305mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

THURSDAY

INDIAN-STYLE FISH CURRY

A delicious take on a fish dish, with plenty of spices and herbs.

see recipe, page 22 >>

NUTRITION INFO

PER SERVE 1590kJ, **protein** 15g, **total fat** 25g (sat. fat 3g), **carbs** 20g, **fibre** 13g, **sodium** 367mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

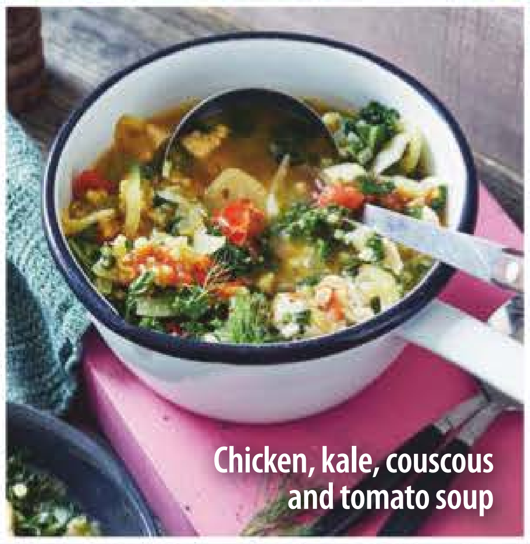
GFO LC

FRIDAY

SPICED ROASTED CAULIFLOWER WITH HUMMUS

A filling vegetarian option with wonderful Middle Eastern spices and flavours.

see recipe, page 22 >>



Chicken, kale, couscous and tomato soup

Chargrilled tomato, lamb and rocket salad

CHICKEN, KALE, COUSCOUS AND TOMATO SOUP

PREP TIME: 10 MINS
COOK TIME: 25 MINS
SERVES 2 (AS A MAIN)

2 Tbsp boiling water
Pinch saffron threads
2 tsp olive oil
1 small brown onion, finely chopped
½ head fennel, outer layer removed, shredded, fronds reserved
2 cloves garlic, finely chopped
2 Tbsp Blu Gourmet Pearl Couscous
125g cherry tomatoes, roughly chopped
375ml (1½ cups) water
250ml (1 cup) salt-reduced chicken stock
250g skinless chicken breast fillet, trimmed of fat, chopped
2 cups shredded kale leaves
Freshly ground black pepper

1 **Put the boiling water** and saffron in a small heatproof bowl. Set aside.

2 **Heat the oil** in a large non-stick saucepan over medium heat. Add the onion, fennel and garlic. Cook, covered, stirring often, over medium-low heat, for 7-8 minutes or until the fennel starts to soften.

3 **Add the couscous,** tomatoes, water, stock, saffron and liquid to the pan. Cover and bring to a simmer over medium heat. Simmer, covered, for 10 minutes. Add the chicken and kale to the pan. Simmer, covered, for a further 3-4 minutes or until the chicken is cooked and the kale softens. Season soup with pepper. Top with reserved fennel fronds. Serve.

CHARGRILLED TOMATO, LAMB AND ROCKET SALAD

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

250g lamb backstrap (eye of loin), trimmed of fat
250g punnet cherry tomatoes, halved
Freshly ground black pepper
3 cups rocket leaves
1 large Lebanese cucumber, halved, sliced
½ small red onion, very thinly sliced
½ small yellow capsicum, finely chopped
20g parmesan shavings
2 Tbsp unsalted, shelled pistachios

Dressing

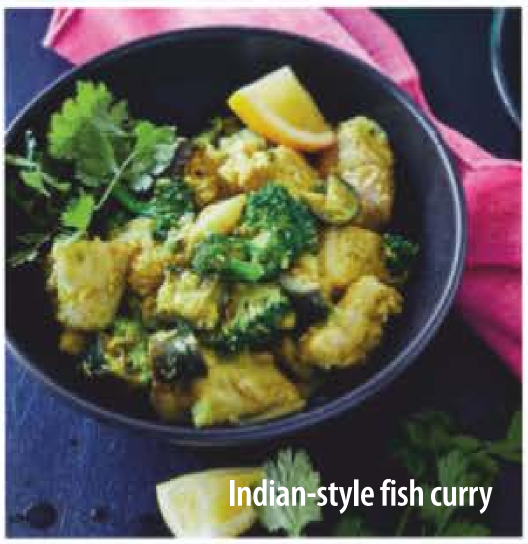
Juice of ½ lemon
1 tsp extra virgin olive oil
1 tsp Dijon or gluten-free mustard
½ tsp honey

1 **Preheat a chargrill** on medium-high. Spray both the lamb and tomatoes with cooking spray. Season with pepper. Add the lamb to one side of the chargrill and the tomatoes to the other half. Cook the lamb for 2-2½ minutes each side for medium, or until cooked to your liking. Cook the tomatoes for 3-4 minutes, turning occasionally, until slightly charred. Transfer to a plate once cooked.

2 **Meanwhile,** to make the dressing, whisk all the ingredients in a small bowl. Season with pepper.

3 **Toss the rocket,** cucumber, onion and capsicum in a large bowl. Slice the lamb diagonally across the grain. Add the lamb and tomatoes to the salad and toss to combine.

4 **Divide the salad** between shallow serving bowls or plates. Top with the parmesan shavings and pistachio nuts. Drizzle over the dressing and serve. ➤



Indian-style fish curry

Spiced roasted cauliflower with hummus

INDIAN-STYLE FISH CURRY

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

2 tsp olive oil
½ bunch coriander roots and stems, finely chopped
2 cloves garlic, finely chopped
3cm piece ginger, finely grated
2 tsp ground coriander
1 tsp ground turmeric
1 tsp ground cumin
¼ tsp ground chillies
125ml (½ cup) light coconut milk
125ml (½ cup) salt-reduced chicken stock or gluten-free stock
250g firm skinless and boneless fish fillets, cut into chunks
2 baby (slender) eggplants, cut into small chunks
150g broccoli, cut into small florets
Coriander leaves, to serve
Lemon wedges, to serve

1 **Heat the oil** in a non-stick wok over medium heat. Add the coriander roots and stems, garlic and ginger. Cook, stirring, for 1 minute. Add the ground coriander, turmeric, cumin and ground chillies to the pan. Cook, stirring, for 1 minute.

2 **Add the coconut milk,** stock, fish and eggplant to the pan. Cover and bring to a simmer over medium heat. Reduce-heat to medium-low and simmer, covered, for 5 minutes. Add the broccoli and continue to simmer, covered, for a further 10 minutes or until the fish and vegetables are cooked.

3 **Top the curry** with the coriander leaves and serve with the lemon wedges.

SPICED ROASTED CAULIFLOWER WITH HUMMUS

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

½ (500g) cauliflower, cut into florets
2 tsp ground cumin
1 tsp fennel seeds
1 tsp ground turmeric
1 Tbsp extra virgin olive oil
4 Tbsp hummus
70g (⅓ cup) 0% fat Greek-style natural yoghurt
½ tsp harissa paste or gluten-free harissa paste
1 Tbsp fresh lemon juice
1 Tbsp Ocean Spray 50% Less Sugar Craisins
1 Tbsp pumpkin seeds
1 Tbsp unsalted shelled pistachio nuts, chopped
Coriander leaves, to serve

1 **Preheat oven** to 200°C (fan-forced). Line an ovenproof dish with baking paper. Put cauliflower, cumin, fennel seeds, turmeric and oil in a bowl. Toss to combine. Spread out in a single layer in the dish. Roast for 20 minutes, stirring once, or until tender.

2 **Spread the hummus** over the middle of two serving plates. Whisk the yoghurt, harissa and lemon juice in a small bowl.

3 **Arrange the cauliflower** over the hummus. Drizzle over the yoghurt sauce. Top with the craisins, pumpkin seeds, pistachio nuts and coriander leaves. Serve.

With a little prep in advance you will have these on the table fast

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** ROB PALMER, ISTOCK
STYLING VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

YOUR shopping list

GROCERIES

- ☐ 80g pkt unsalted shelled pistachio nuts
- ☐ 150g pkt Ocean Spray 50% Less Sugar Craisins
- ☐ 250g pkt pumpkin seeds
- ☐ 70g tube harissa paste
- ☐ 500ml container salt-reduced chicken stock
- ☐ 270ml can light coconut milk
- ☐ 0.5g pkt saffron threads
- ☐ 400g pkt Blu Gourmet Pearl Couscous

FRUIT AND VEGETABLES

- ☐ 1 small brown onion
- ☐ 1 small red onion
- ☐ ½ (500g) cauliflower
- ☐ 2 x 250g punnet cherry tomatoes
- ☐ 3 cups rocket leaves
- ☐ 1 large lebanese cucumber
- ☐ 2 baby (slender) eggplant
- ☐ 1.5kg pkt Gilicious Lower Gi Potatoes
- ☐ 150g broccoli
- ☐ 160g green beans
- ☐ 1 small yellow capsicum
- ☐ 2 carrots
- ☐ 1 head fennel
- ☐ 1 bunch kale
- ☐ 3 lemons
- ☐ 1 bunch coriander
- ☐ 1 bunch dill
- ☐ Piece fresh ginger

CHILLED

- ☐ 200g container hummus
- ☐ 170g tub 0% fat Greek-style natural yoghurt
- ☐ 250ml container Philadelphia Cream For Cooking, Light

POULTRY & MEAT

- ☐ 250g lamb backstrap (eye of loin)
- ☐ 250g skinless chicken breast fillet
- ☐ 250g lean rump steak medallions

SEAFOOD

- ☐ 250g firm skinless and boneless fish fillets

PANTRY

- ☐ Black pepper
- ☐ Ground cumin
- ☐ Ground coriander
- ☐ Fennel seeds
- ☐ Ground turmeric
- ☐ Ground chillies
- ☐ Parmesan shavings
- ☐ Extra virgin olive oil
- ☐ Olive oil
- ☐ 5 cloves garlic
- ☐ Dijon mustard
- ☐ Honey

LEFTOVERS

GROCERIES

Pistachios: Munch on as a snack or throw into a salad.

Craisins: Make up a snack mix with craisins, pumpkin seeds and pistachio nuts, aim to keep your portion to about 30g a day.

Pumpkin seeds: Lightly toast and sprinkle over salads or use in homemade-bread recipes or baking.

Harissa paste: Use in sauces or add a little to your favourite healthy vegie soup just before serving.

Stock: Use leftover stock in sauces and soups, or freeze for another time.

Coconut milk: Use in baking or mixed with skim milk to make your own bircher muesli.

Saffron: Add a pinch to your rice with the water for a little extra flavour. Also throw in a cinnamon stick as well.

Couscous: Use in salads or serve as an alternative to rice.

Hummus: Serve with vegie sticks as a yummy snack.

Yoghurt: Serve with fresh fruit for breakfast, use in baking and curries.

Cream for cooking: Use in sauces, soups and pasta sauces.

FRUIT AND VEGETABLES

Onions: Chop and use in pasta sauces, casseroles and soups.

Cherry tomatoes: Munch on as a snack, roughly chop and throw onto pizza. Slice and use on sandwiches.

Potatoes: Roast, bake and use in place of regular potatoes.

Capsicum: Cut up and snack on in between meals.

Kale: Finely chop and add to soups or stir-fry with olive oil and garlic until tender. Serve as an accompaniment.

Coriander: Use in salads, or finely chop and sprinkle over grilled meats with grated lemon zest and garlic.

Dill: Finely chop and toss through steamed potatoes.

Ginger: Grate it finely and add into dressings. ■

MIGHTY MEDITERRANEAN

The Mediterranean diet is beneficial for weight loss, heart health and reducing the risk for type 2. Healthy eating never tasted so good!

LC

PANKO PARMESAN TOFU WITH ZUCCHINI NOODLES

A plant-based version of the much-loved schnitty.

see recipe, page 30 >>

NUTRITION INFO

PER SERVE 1290kJ, **protein** 20g, **total fat** 16g (sat. fat 4g), **carbs** 11g, **fibre** 7g, **sodium** 254mg

- **Carb exchanges** ½
- **GI estimate** medium
- **Lower carb**

How our food works for you
see page 80

NUTRITION INFO

PER SERVE 1070kJ, **protein** 21g, **total fat** 6g (sat. fat 2g), **carbs** 26g, **fibre** 6g, **sodium** 338mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

LC

BEEF GYROS

Be transported to an idyllic Greek isle with this Hellenic staple.

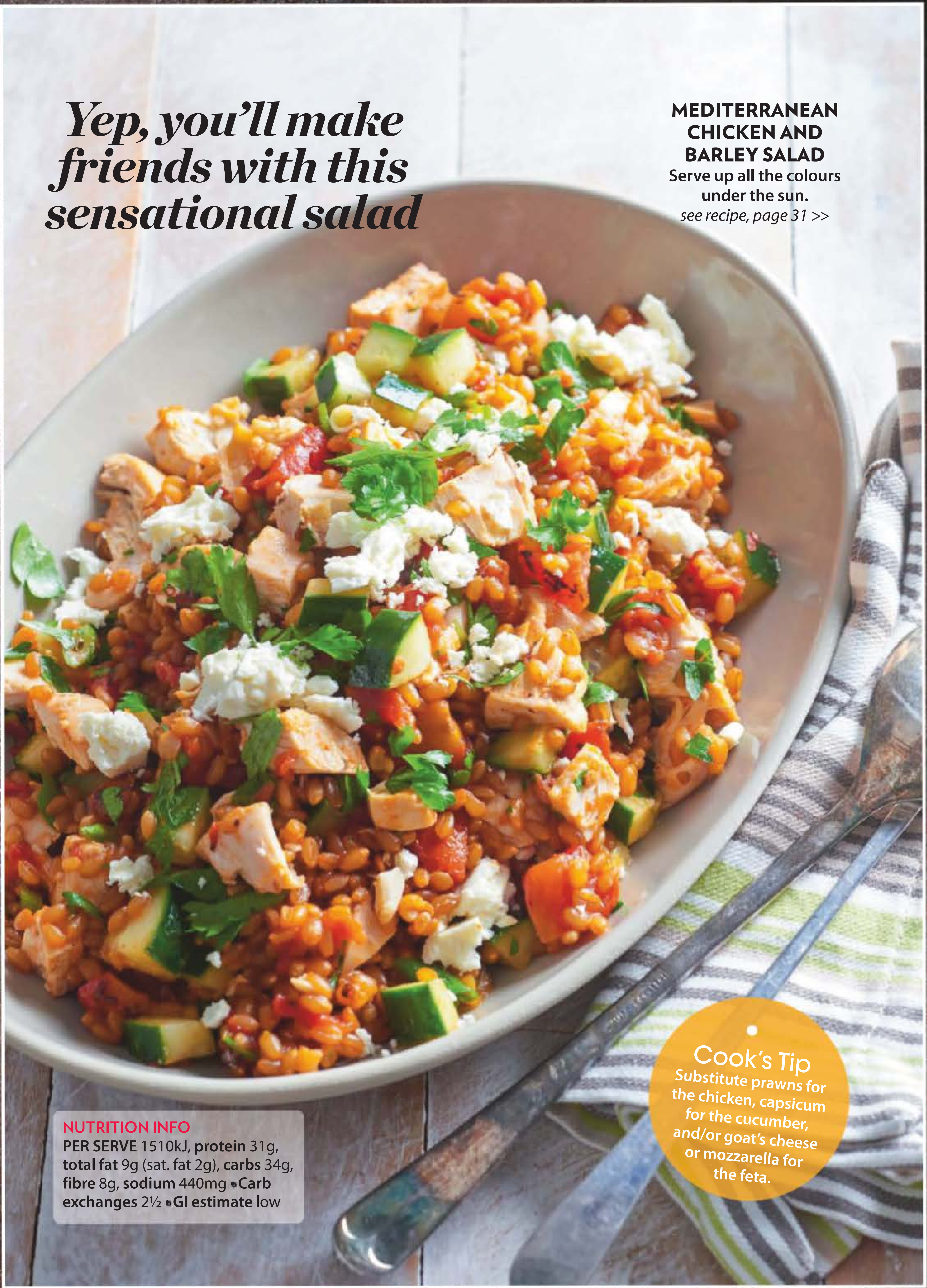
see recipe, page 30 >>

Yep, you'll make friends with this sensational salad

MEDITERRANEAN CHICKEN AND BARLEY SALAD

Serve up all the colours under the sun.

see recipe, page 31 >>



NUTRITION INFO

PER SERVE 1510kJ, **protein** 31g, **total fat** 9g (sat. fat 2g), **carbs** 34g, **fibre** 8g, **sodium** 440mg • **Carb exchanges** 2½ • **GI estimate** low

Cook's Tip

Substitute prawns for the chicken, capsicum for the cucumber, and/or goat's cheese or mozzarella for the feta.

GFO LC

MOROCCAN SPICED POT ROAST AND VEGIES

North Africa brings a different flavour to Mediterranean fare.

see recipe, page 32 >>

NUTRITION INFO

PER SERVE 1590kJ, **protein** 35g, **total fat** 14g (sat. fat 4g), **carbs** 24g, **fibre** 10g, **sodium** 248mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option
- Lower carb

NUTRITION INFO LC
PER SERVE 1630kJ, **protein** 39g, **total fat** 14g (sat. fat 3g), **carbs** 20g, **fibre** 11g, **sodium** 209mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Lower carb**

SPINACH, RICOTTA & CHICKEN TRAY BAKE

PREP TIME: 15 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A MAIN MEAL)

300g baby spinach leaves
4 Tbsp ricotta
Zest and juice of 1 lemon
Pinch ground nutmeg
Freshly ground black pepper
4 (125g each) skinless chicken breasts, trimmed of fat
2 Tbsp extra virgin olive oil
50g fresh breadcrumbs made from day-old bread
3 zucchinis, cut into batons
2 capsicums, sliced
2 red onions, cut into wedges, roots intact
250g vine cherry tomatoes
4 cloves garlic

1 **Preheat oven** to 180°C (fan-forced). Line an ovenproof dish and baking tray with baking paper.

2 **Put the spinach** in a large colander and pour boiling water over to wilt the leaves. Set aside for 5 minutes. Use your hands to squeeze out as much excess water as possible. Chop the spinach and put in a large bowl. Add the ricotta, lemon zest and nutmeg. Season with freshly ground black pepper.

3 **Using a sharp knife,** cut a slit in the side of each chicken breast and use your fingers to make a little pocket. Spoon the spinach mixture evenly between the breasts. Rub with 2 tsp oil and press the breadcrumbs on top. Put the chicken in the ovenproof dish.

4 **Put the zucchini,** capsicum, onion, tomatoes and garlic on the lined tray and drizzle with the remaining oil. Season with pepper. Bake the chicken and vegetables, stirring the vegetables once, for 20-30 minutes, or until the chicken is cooked through and the breadcrumbs are golden.

5 **Remove the softened garlic** from the vegetables and mash it with the lemon juice. Stir this through the roasted vegetables and serve with the chicken. ➤

The Italians know how to eat and live well

NUTRITION INFO
PER SERVE 2350kJ, **protein** 33g, **total fat** 19g (sat. fat 3g), **carbs** 59g, **fibre** 9g, **sodium** 233mg

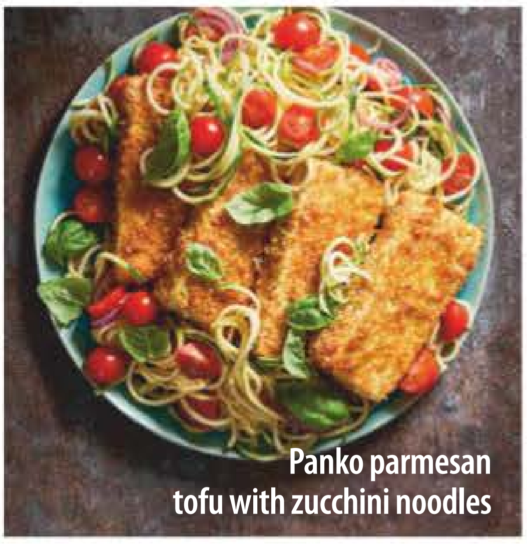
- **Carb exchanges** 4
- **GI estimate** low
- **Gluten-free option**

GFO

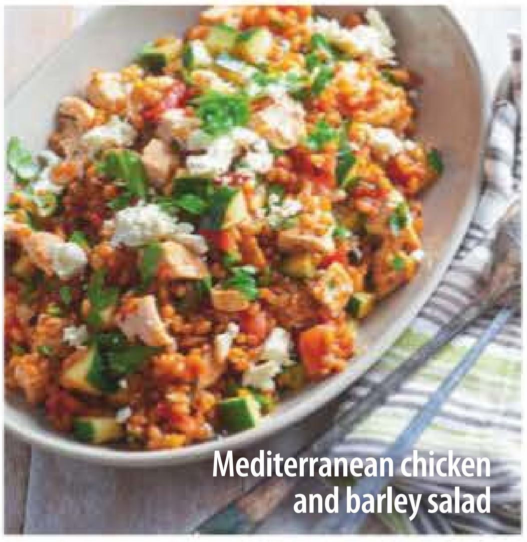
SPAGHETTI WITH SMOKY TOMATO & SEAFOOD SAUCE

You can't go pasta this rich, sea-inspired dish.

see recipe, page 32 >>


Panko parmesan tofu with zucchini noodles

Beef gyros


Mediterranean chicken and barley salad

PANKO PARMESAN TOFU WITH ZUCCHINI NOODLES

PREP TIME: 15 MINS
(+ 2 HOURS MARINATING)
COOK TIME: 15 MINS
SERVES 4 (AS A LIGHT MEAL)

400g firm tofu, drained
1 Tbsp extra virgin olive oil
3 cloves garlic, crushed
1 tsp dried mixed herbs
Freshly ground black pepper
60g egg
50g (⅓ cup) panko breadcrumbs
40g (⅓ cup) finely shredded parmesan
1 zucchini
1 small red onion, cut into very thin slivers
⅔ cup cherry tomatoes, halved or quartered
⅓ cup small basil leaves

1 **Cut the tofu** into four equal strips about 3cm thick. Gently pat strips dry with paper towelling. Combine the oil, garlic and mixed herbs in a bowl. Season with pepper. Add the tofu strips and toss gently to coat. Cover and put in the fridge for at least 2 hours, or overnight, to marinate.

2 **Preheat oven** to 200°C (fan-forced). Line a small baking tray with baking paper. Place the egg in a shallow dish and whisk. Combine the breadcrumbs and parmesan in a separate bowl. Dip the marinated tofu strips, one at a time, in the egg mixture, allowing any excess to drip off into the bowl. Then coat tofu pieces in the breadcrumb mixture. Place strips on the lined tray. Spray tops and sides with cooking spray.

3 **Bake tofu strips** for 10-12 minutes, or until the edges are golden brown, turning strips once, halfway, during cooking.

4 **Meanwhile,** trim the ends of the zucchini. Use a spiraliser or julienne peeler to make long, thin strands (noodles) of zucchini. Snip zucchini noodles into 10cm lengths. Spray a large non-stick frying pan with cooking spray over medium heat. Add the zucchini and onion and season with pepper. Cook, stirring often, for 2-3 minutes, or until the zucchini just softens (do not overcook).

5 **Arrange the zucchini noodles** and onion on a serving plate. Top with the tofu, tomato and basil leaves to serve.

Cook's Tip
Most spiralisers have several blades, including spaghetti, fettuccine and ribbon. No spiraliser? Use a vegetable peeler and use shaved zucchini in place of the "noodles".

BEEF GYROS

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 4 (AS A LIGHT MEAL)

3 tsp olive oil
250g extra lean beef mince
1 tsp dried oregano
1 tsp garlic powder
1 Lebanese cucumber, halved lengthways, seeds removed, chopped
1 tomato, chopped
1 small red onion, thinly sliced
2 Tbsp chopped flat-leaf parsley
1 Tbsp fresh lemon juice
Freshly ground black pepper
2 wholemeal pita bread rounds, halved crossways
40g (¼ cup) fat-free Greek-style natural yoghurt

1 **Heat 1 tsp oil** in a medium non-stick frying pan over medium-high heat. Add the beef mince and sprinkle over oregano and garlic powder. Cook, stirring often, for 4-5 minutes to break up the chunks and until the mince is cooked through.

2 **Combine the cucumber,** tomato, onion, parsley, lemon juice, pepper and remaining olive oil in a bowl.

3 **Spoon the beef mixture** evenly among the pita pockets. Spoon the cucumber mixture into the pockets. Drizzle over the yoghurt and serve.

MEDITERRANEAN CHICKEN AND BARLEY SALAD

PREP TIME: 10 MINS
(+ 4 HOURS CHILLING)
COOK TIME: 8 HOURS
SERVES 6 (AS A MAIN MEAL)

750ml (3 cups) salt-reduced chicken stock
400g can no-added-salt chopped tomatoes
300g (1½ cups) pearl barley, rinsed under water until it runs clear
1 large Lebanese cucumber, chopped
½ cup chopped flat-leaf parsley
3 green shallots, sliced
1 Tbsp chopped mint
60ml (¼ cup) fresh lemon juice
1 Tbsp extra virgin olive oil
½ tsp ground cumin
500g chopped cooked skinless chicken breast fillet
30g reduced-fat feta, crumbled

1 **Put the chicken stock,** tomatoes and pearl barley in a medium saucepan. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 20-25 minutes or until the barley is tender. Pour barley through a fine sieve, discarding the extra liquid. Transfer barley and tomato mixture to a large bowl. Set aside to cool to room temperature.

2 **Add the cucumber,** parsley, sliced shallots and mint to the barley. Toss to combine.

3 **Put the lemon juice,** olive oil and cumin in a small screw-top jar. Cover and shake well. Pour the dressing over the salad. Toss gently to coat. Top with the chicken. Cover and put in the fridge for at least 4 hours, or until well chilled.

4 **Sprinkle over the feta** before serving.

NUTRITION INFO GFO LC
PER SERVE 1170kJ, **protein** 25g, **total fat** 15g (sat. fat 3g), **carbs** 7g, **fibre** 6g, **sodium** 486mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

TUNISIAN ROASTED VEGETABLES WITH TUNA

PREP TIME: 20 MINS
COOK TIME: 50 MINS
SERVES 6 (AS A LIGHT MEAL)

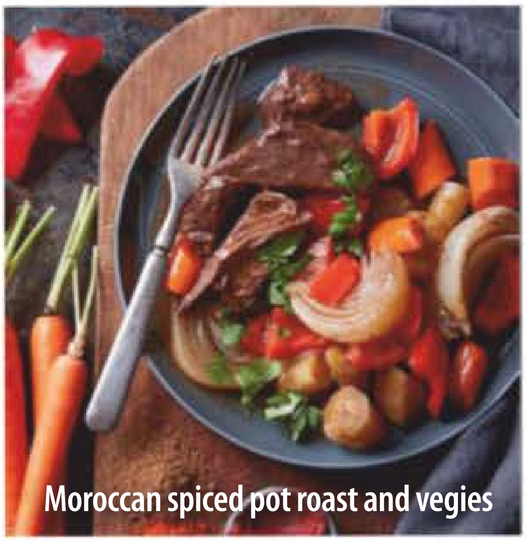
400g cauliflower, cut into 2.5cm pieces
2 x 250g punnets cherry tomatoes
2 yellow, red and/or orange capsicums, cut into 2.5cm pieces
2 Tbsp red wine vinegar or sherry vinegar
2 tsp harissa paste or gluten-free harissa paste
1 tsp caraway seeds, crushed
1 clove garlic, crushed
Freshly ground black pepper
3 Tbsp extra virgin olive oil
425g can tuna in springwater, drained and flaked
3 hard-boiled eggs, peeled, quartered then halved again
⅓ cup pitted Kalamata olives, halved

1 **Preheat oven** to 180°C (fan-forced). Line an ovenproof dish with baking paper. Spread the cauliflower out in a single layer. Spray with cooking spray. Roast for 10 minutes. Add the tomatoes and capsicum to the dish. Roast for 20 minutes.

2 **Meanwhile,** whisk the vinegar, harissa paste, caraway seeds, garlic and pepper in a small bowl. Whisk in the oil.

3 **Put the tuna** and 2 Tbsp of the dressing in a small bowl. Toss to combine. Drizzle 3 Tbsp of the dressing over the roasted vegetables and toss gently to combine. Roast for a further 20 minutes, or until the vegetables are tender and starting to brown.

4 **Divide the vegetables,** tuna, eggs and olives among serving plates. Drizzle with the remaining dressing and serve. ➤



Moroccan spiced pot roast and vegies

Spaghetti with smoky tomato & seafood sauce

Med-style meals bring a holiday vibe to the table

MOROCCAN SPICED POT ROAST AND VEGIES

PREP TIME: 15 MINS
COOK TIME: 9½ HOURS (LOW) OR 5 HOURS (HIGH)
SERVES 6 (AS A MAIN)

1 tsp ground cinnamon
½ tsp ground ginger
Pinch ground allspice
Pinch ground cloves
1 tsp ground cumin
Freshly ground black pepper
Pinch cayenne pepper (optional)
1kg piece beef chuck steak, trimmed of fat
1 Tbsp extra virgin olive oil
500g carrots, cut into 2.5cm pieces
500g parsnips, peeled, cut into 2.5cm pieces
2 large brown onions, cut into wedges
250ml (1 cup) salt-reduced beef stock or gluten-free stock
3 Tbsp cornflour or gluten-free cornflour
2 Tbsp no-added-salt tomato paste
½ tsp dry mustard powder
2 red capsicums, cut into 2.5cm pieces
Chopped coriander, to serve

1 **Combine the cinnamon,** ginger, allspice, cloves, cumin, black pepper and cayenne pepper, if using, in a bowl. Add the meat and toss to coat.
2 **Heat oil in a** large non-stick frying pan over medium-high heat. Add the meat and then cook, turning occasionally, for 5-6 minutes, or until the meat is browned on all sides.
3 **Put the carrot** and parsnip in a small slow cooker. Add the meat, cutting to fit if needed. Top with the onion. Stir the stock, cornflour, tomato paste, mustard powder and freshly ground black pepper in a bowl. Pour over the mixture in the slow cooker. Cover and cook on low setting for 9 hours or 4½ hours on high. Add capsicum. Cover and cook for a further 30 minutes.
4 **Transfer the meat** to a platter. Using a slotted spoon, transfer vegetables to the platter. Skim fat from the cooking liquid. Drizzle cooking liquid over meat and vegetables. Top with chopped coriander, if using. Serve.

SPAGHETTI WITH SMOKY TOMATO & SEAFOOD SAUCE

PREP TIME: 5 MINS
COOK TIME: 15 MINS
SERVES 4 (AS A MAIN MEAL)

300g Vetta High Fibre Spaghetti or gluten-free pasta
3 Tbsp extra virgin olive oil
4 cloves garlic, crushed
1 red chilli, deseeded, finely sliced
½ tsp fennel seeds
2 tsp smoked paprika
2 x 400g cans no-added-salt chopped tomatoes
2 tsp sugar
Freshly ground black pepper
400g seafood marinara mix or gluten-free marinara mix
Small bunch parsley or basil, chopped

1 **Cook the pasta** in a large saucepan of boiling water, following packet directions, or until al dente. Drain the pasta, reserving 1 cup of cooking liquid.
2 **Meanwhile,** heat the oil in a large, deep non-stick frying pan over medium heat. Add the garlic, chilli and fennel seeds. Cook, stirring, for 1 minute. Add the paprika, canned tomatoes, sugar and pepper to the pan. Cover and bring to the boil over high heat. Reduce heat to medium and simmer for 8 minutes.
3 **Add the seafood** to the sauce and cook for 2-3 minutes, or until just cooked. Add the pasta to the sauce and toss to combine, adding a little of the reserved pasta water if it is too thick. Stir in the parsley or basil. Serve. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA, MEREDITH **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Moroccan flair

Lamb and fresh herbs breathe tasty new life into a classic

MOROCCAN LAMB BURGERS

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES 6 (AS A MAIN)

- 1 brown onion, roughly chopped
- 2½cm piece ginger, roughly chopped
- 2 cloves garlic, roughly chopped
- Handful coriander leaves
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 75g dried apricots, roughly chopped
- 500g lean lamb mince
- Freshly ground black pepper
- 3 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
- 2 tomatoes, sliced
- 2 cups lettuce leaves
- 1 red onion, thinly sliced
- 6 (70g each) wholemeal rolls or gluten-free rolls, to serve

1 Put onion, ginger, garlic and the fresh coriander in a food processor. Cover and process until finely chopped. Add ground coriander, cumin, cinnamon, apricot and mince. Season with pepper. Blend until slightly chunky.

2 Shape the lamb mixture into six burgers. Preheat a chargrill on medium-high. Spray the burgers with cooking spray. Add to the chargrill and cook for 4-5 minutes each side, or until cooked through.

3 Place the mayonnaise, sliced tomato, lettuce leaves, burgers and onion on the rolls. Serve. ■

NUTRITION GFO

PER SERVE 1560kJ, **protein** 26g, **total fat** 9g (sat. fat 2g), **carbs** 43g, fibre 8g, **sodium** 532mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

SAUSAGE MEATBALL MARINARA

PREP TIME: 15 MINS | COOK TIME: 15 MINS

Squeeze out meat from 4 Peppercorn extra lean **beef sausages** and roll into eight balls. Fry meatballs in a little **olive oil** in non-stick frying pan until golden all over. Add 300g **passata**, 1 Tbsp salt-reduced **tomato sauce**, 1 tsp **fennel seeds**, pinch **red chilli flakes** and ½ tsp dried **oregano**. Simmer for 8-10 minutes or until sauce thickens and meatballs cooked through. Season with **pepper**. Preheat grill to high. Split 2 small (200g each) baked **sweet potatoes** and place them in small foil-lined baking dish. Fill **sweet potatoes** with meatballs and sauce. Sprinkle over 50g reduced-fat grated **cheese**. Cook under grill until the cheese melts. Top with a pinch of **chilli flakes**. Serves 4 (as a light meal).

NUTRITION INFO GF LC

PER SERVE 1030kJ, **protein** 15g, **total fat** 10g (sat. fat 4g), **carbs** 23g, **fibre** 6g, **sodium** 534mg
- **Carb exchanges** 1½ - **GI estimate** low
- **Gluten free** - **Lower carb**

SWEET POTATO *jackets*

Liven up baked spuds with punchy flavours and sweet potatoes – they're low GI

CORONATION CHICKPEAS

PREP TIME: 10 MINS

Drain a 400g can no-added-salt **chickpeas.** Mix with 150g reduced-fat **Greek-style natural yoghurt**, 50g **mango chutney**, 2 tsp **mild curry powder or gluten free curry powder**, a good squeeze of **lime juice** and freshly ground **black pepper.** Pile mixture into 2 small (200g each) baked **sweet potatoes**, top with ½ thinly sliced small **red onion**, small handful of **coriander leaves** and scattering of **nigella or sesame seeds**. Serve **lime wedge** on the side. Serves 4 (as a light meal).

NUTRITION INFO GFO

PER SERVE 872kJ, **protein** 9g, **total fat** 2g (sat. fat 1g), **carbs** 32g, **fibre** 8g, **sodium** 157mg
- **Carb exchanges** 2 - **GI estimate** low
- **Gluten-free option**

BLUE CHEESE, BACON, PECANS & CRANBERRIES

PREP TIME: 5 MINS

Split 2 small (200g each) baked **sweet potatoes** down the middle and stuff each one with 50g of crispy lean **bacon**. Divide 2 Tbsp **light sour cream**, 30g crumbled hard **blue cheese** and 1 Tbsp dried **cranberries** between the **sweet potato**. Crush a few **pecans** (8 nuts) in your hands and scatter these over too, with freshly ground **black pepper**. Drizzle with 1 tsp **maple syrup**. Serves 2 (as a main meal).

NUTRITION INFO GF

PER SERVE 1620kJ, **protein** 16g, **total fat** 18g (sat. fat 7g), **carbs** 36g, **fibre** 7g, **sodium** 694mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

PREP

Bake your orange sweet potato. Cook at 160°C (fan-forced) for 45 minutes or until soft and fluffy. Pile over one of these easy toppings.

PULLED PESTO CHICKEN

PREP TIME: 5 MINS

Shred 220g cooked skinless **chicken breasts** with forks. Mix chicken with 100g **extra light cream cheese** and 1½ Tbsp **basil pesto**. Divide the mixture between 2 small (200g each) baked **sweet potatoes** and top with 1 Tbsp toasted **pine nuts** and torn **basil leaves**. Serves 2 (as a main meal). ■

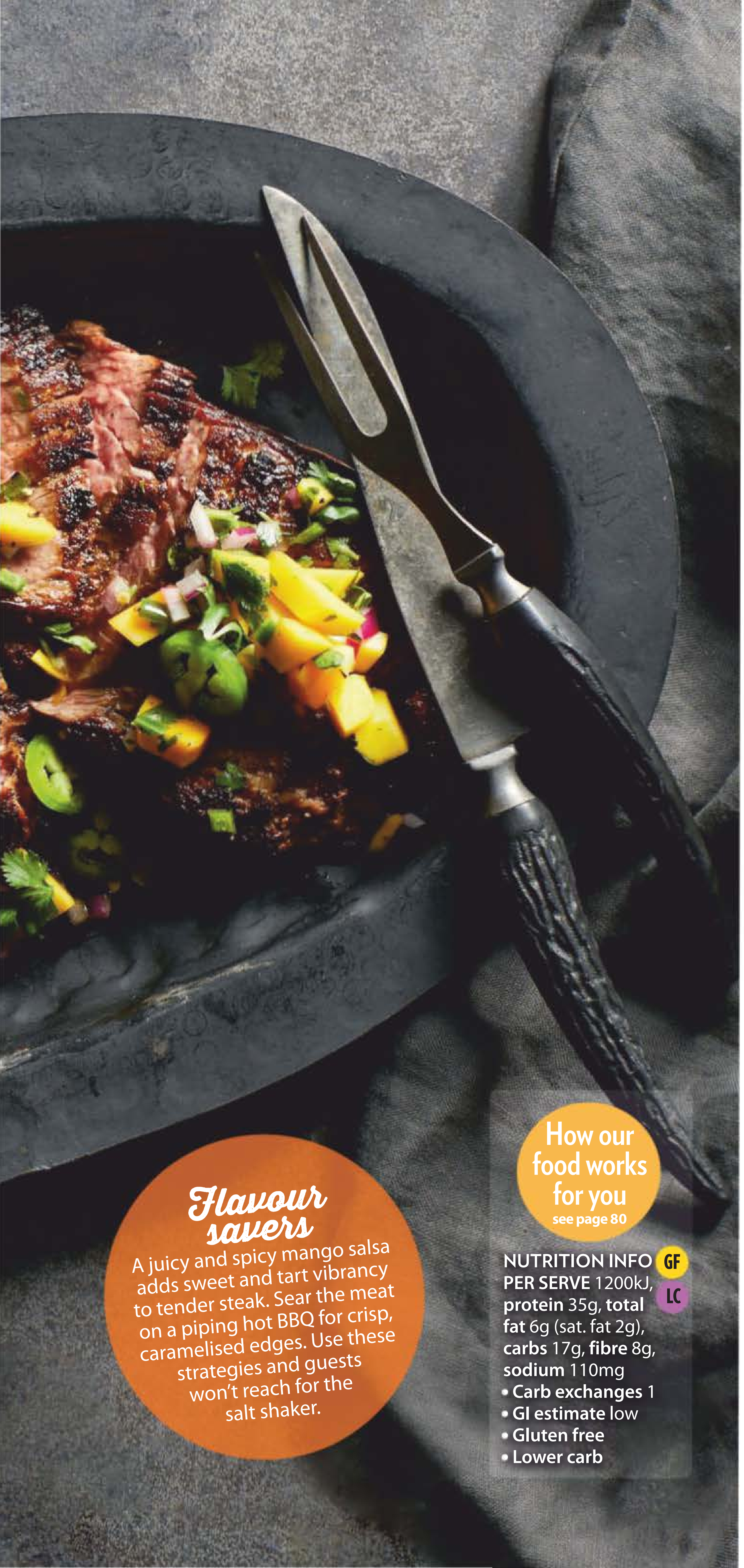
NUTRITION INFO GF

PER SERVE 2110kJ, **protein** 44g, **total fat** 21g (sat. fat 5g), **carbs** 31g, **fibre** 7g, **sodium** 258mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Flavour SAVERS

Grab your chef's hat! Using techniques such as rubs and marinades made from fresh herbs and spices brings recipes to life and boosts flavour even more



STEAK WITH MANGO SALSA

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES 4 (AS A LIGHT MEAL)

1 mango, flesh removed, finely chopped
¼ cup chopped coriander
2 Tbsp finely chopped red onion
1 Tbsp fresh lime juice
2 tsp finely chopped deseeded chilli
2 tsp white wine vinegar
1 tsp honey
Freshly ground black pepper
500g lean rump steak, trimmed of fat
1 tsp olive oil
1 tsp no-added-salt lemon pepper seasoning
300g broccolini, ends trimmed, steamed, to serve
150g sugar snap peas, steamed, to serve
2 carrots, sliced, steamed, to serve

1 **Combine mango,** coriander, red onion, lime juice, chilli, vinegar, honey and pepper in a medium bowl. Set aside.

2 **Pat the steak dry** with paper towels. Brush both sides of steak with oil. Rub seasoning into steak. Heat a barbecue grill or chargrill over medium-high heat. Add the steak and cook for 2-2½ minutes (depending on thickness) on each side for medium, or until cooked to your liking. Transfer steak to plate (see Cook's Tip). Cover loosely with foil and set aside to rest for 5 minutes.

3 **Thinly slice steak** across grain and place on a serving platter. Spoon the salsa over the steak and serve with the broccolini, sugar snap peas and carrot.

COOK'S TIP

The steak will continue to cook on resting, so remove from pan. ➤

Flavour savers

A juicy and spicy mango salsa adds sweet and tart vibrancy to tender steak. Sear the meat on a piping hot BBQ for crisp, caramelised edges. Use these strategies and guests won't reach for the salt shaker.

How our food works for you

see page 80

NUTRITION INFO PER SERVE 1200kJ, **protein** 35g, **total fat** 6g (sat. fat 2g), **carbs** 17g, **fibre** 8g, **sodium** 110mg

GF LC

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

CORIANDER & GINGER CHICKEN

PREP TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 4 (AS A LIGHT MEAL)

- **2 tsp peanut oil**
- **500g skinless chicken breast fillets, trimmed of fat, cut into 2.5cm pieces**
- **¼ cup unsalted roasted peanuts**
- **2 tsp grated ginger**
- **4 cloves garlic, crushed**
- **3 green shallots, chopped**
- **1 Tbsp salt-reduced soy sauce or gluten-free soy sauce**
- **2 tsp rice vinegar**
- **1 tsp toasted sesame oil**
- **1 cup coriander leaves**
- **4 cups roughly shredded Chinese cabbage**
- **Lime wedges, to serve (optional)**

1 **Heat oil** in a large non-stick wok over medium-high heat. Add chicken and stir-fry for 2 minutes. Add peanuts, ginger and garlic. Stir-fry for 3 minutes, or until chicken is cooked.

2 **Add green shallots,** soy sauce, vinegar and sesame oil to wok. Stir-fry for 2 minutes. Remove pan from heat. Stir in coriander leaves.

3 **Divide cabbage** between serving bowls. Top with chicken. Serve with lime wedges, if using. ➤

NUTRITION INFO GFO LC

PER SERVE 1040kJ, **protein** 33g, **total fat** 10g (sat. fat 2g), **carbs** 5g, **fibre** 5g, **sodium** 260mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

Flavour savers

Toasty sesame oil and peanut oil, sweet-and-sour rice vinegar, and zingy ginger and coriander provide a flavour base for the chicken to shine. Adding texture with peanuts and cabbage is another way to incorporate big flavour.

Flavour savers

A marinade is an essential step to take meat from bland to chef level. This jerk-flavour marinade is sweet, spicy and everything nice.

GFO

JERK-MARINATED CHICKEN WITH CARIBBEAN RICE

The fruity, spicy rice is a hit with this dish.

see recipe, page 46 >>

NUTRITION INFO PER SERVE 1480kJ, **protein** 27g, **total fat** 13g (sat. fat 2g), **carbs** 30g, **fibre** 5g, **sodium** 476mg

- **Carb exchanges** 2
- **GI estimate** medium
- **Gluten-free option**

Flavour savers

Grilling the salmon on a wooden plank adds depth and smokiness to the flavour. Top it off with a capsicum relish for a hint of sweet, acid and a little more smoke.

GFO LC

SALMON WITH GRILLED CAPSICUM RELISH

Special occasion coming up? Try this plank cooking method.

see recipe, page 46 >>

NUTRITION INFO

PER SERVE 1720kJ, **protein** 31g, **total fat** 19g (sat. fat 4g), **carbs** 25g, **fibre** 8g, **sodium** 361mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

HONEY-GLAZED PORK AND FENNEL

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A MAIN MEAL)

700g pork fillet, trimmed of fat
Freshly ground black pepper
80ml (⅓ cup) apple cider vinegar
2½ Tbsp honey
1 Tbsp Dijon mustard or gluten-free mustard
4 cloves garlic, coarsely chopped
2 Tbsp olive oil
2 fennel bulbs, trimmed, cut into 2cm wedges (fronds reserved)
2 bunches asparagus (16 spears), steamed, to serve
150g snow peas, steamed, to serve
1 cup green peas, steamed, to serve

1 **Preheat oven** to 200°C (fan-forced). Line a small roasting pan with baking paper or foil. Place pork in pan. Season with pepper.

2 **Whisk the vinegar,** honey, mustard and garlic in a small bowl. While whisking, gradually pour in the oil. Chop the reserved fennel fronds (up to ½ cup) and stir into the glaze. Pour the glaze over the pork.

3 **Add fennel wedges to** the pan, placing around the pork. Toss the fennel in the glaze that is in the pan. Roast for 25-30 minutes, or until the pork is tender. Transfer pork to a plate, cover loosely with foil and set aside to rest for 5 minutes before slicing.

4 **If desired,** top with additional fennel fronds and sprinkle with freshly ground black pepper. Serve with the asparagus, snow peas and green peas. ➤

NUTRITION INFO GFO LC
PER SERVE 1700kJ, **protein** 47g, **total fat** 12g (sat. fat 2g), **carbs** 24g, **fibre** 8g, **sodium** 236mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

Flavour savers

This glaze adds subtle sweetness, but is balanced with vinegar and mustard. Fennel adds a little crunch and sweet, floral notes.

GRILLED PORK CHOPS WITH LEMON GREMOLATA

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 4 (AS A MAIN MEAL)

4 x 150g pork loin medallions, trimmed of fat
250g pkt SunRice Brown Rice & Quinoa, heated following packet instructions, to serve
2 zucchinis, sliced, steamed, to serve
2 carrots, sliced, steamed, to serve
1 cup green peas, steamed, to serve

Lemon gremolata

3 Tbsp chopped flat-leaf parsley
2 tsp finely grated lemon zest
1 clove garlic, crushed
Freshly ground black pepper

1 **To make the gremolata,** combine all the ingredients in a small bowl. Set aside.

2 **Preheat a chargrill** on medium-high heat. Season the pork with pepper. Add to the grill and cook for 3 minutes each side, or until just tender. Transfer to a plate, cover loosely with foil and set aside for 2-3 minutes to rest.

3 **Serve the pork** topped with gremolata and dish up with the rice, zucchini, carrot and peas. ➤

NUTRITION INFO GF LC

PER SERVE 1380kJ, **protein** 42g, **total fat** 5g (sat. fat 1g), **carbs** 26g, **fibre** 8g, **sodium** 100mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

Flavour savers

Sprinkle on refreshing low-joule flavour with a gremolata. It's a simple mix of fresh parsley, lemon zest and garlic. Those three ingredients, plus a hint of smokiness from grilling, allow you to cut out the salt.

GF LC

STEAK WITH GRILLED CAPSICUM AND LIME CREAM

A great dish for the barbecue - make summer last all year.

see recipe, page 47 >>

Flavour savers

Calming and tart, the lime cream balances the smokiness from the ancho spice rub and the grill. Make extra spice rub and keep it on hand to give meat or vegetables a boost.

NUTRITION INFO

PER SERVE 1610kJ, **protein** 34g, **total fat** 21g (sat. fat 7g), **carbs** 12g, **fibre** 8g, **sodium** 125mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

NUTRITION INFO GFO LC

PER SERVE 1340kJ, **protein** 37g, **total fat** 10g (sat. fat 2g), **carbs** 16g, **fibre** 8g, **sodium** 320mg •**Carb exchanges** 1 •**GI estimate** low •**Gluten-free option** •**Lower carb**

PER SERVE (with bread) GFO 1710kJ, **protein** 41g, **total fat** 11g (sat. fat 2g), **carbs** 32g, **fibre** 9g, **sodium** 491mg •**Carb exchanges** 2 •**GI estimate** medium •**Gluten-free option**

HARISSA CHICKEN AND SNOW PEAS

This quick and easy dish will please the gang.

see recipe, page 47 >>

Flavour savers

Layer on the flavours with a spicy harissa paste (made from roasted hot chillies), briny olives, bright lemon zest and a dollop of cooling Greek yoghurt.

Flavour savers

Slow-cooking the pork in an Asian-inspired sauce keeps it moist and flavourful. Fresh crunch from carrots, radishes, peanuts and green shallots keeps your tastebuds happy.

GARLIC GINGER PORK LETTUCE CUPS

PREP TIME: 10 MINS
COOK TIME: 4 HOURS (LOW)
OR 2 HOURS (HIGH)
SERVES 6 (AS A LIGHT MEAL)

60ml (¼ cup) salt-reduced soy sauce or gluten-free soy sauce
2 Tbsp brown sugar
2 Tbsp sherry or unsweetened apple juice
1 Tbsp minced garlic
2 tsp grated ginger
2 tsp Sriracha (hot chilli sauce)
1 Tbsp olive oil
900g boneless pork loin, trimmed of fat, cut into 2.5cm cubes
1 large brown onion, chopped
225g can water chestnuts, drained, finely chopped
1 large head butter lettuce, core removed, separated into leaves
1 large carrot, coarsely grated
8 radishes, thinly sliced
70g (½ cup) chopped unsalted roasted peanuts
¼ cup sliced green shallots and/or chopped coriander

1 Combine the soy sauce, sugar, sherry, garlic, ginger and Sriracha in a small bowl.

2 Heat the oil in a large non-stick frying pan over medium-high heat. Add about a quarter of the pork to the pan and cook for 2 minutes, tossing often, or until browned. Transfer to a small slow cooker. Repeat with remaining pork in another 3 batches.

3 Add onion and water chestnuts to the slow cooker. Pour over the soy sauce mixture. Cover and cook on low setting for 4 hours or on high setting for 2 hours.

4 Using a slotted spoon, divide the pork between the lettuce leaves. Top with the carrot, radish, peanuts and green shallots and/or chopped coriander. ➤

NUTRITION INFO GFO LC

PER SERVE 1370kJ, **protein** 40g, **total fat** 12g (sat. fat 2g), **carbs** 12g, **fibre** 5g, **sodium** 481mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

JERK MARINATED CHICKEN WITH CARIBBEAN RICE

PREP TIME: 15 MINS (+ 6 HOURS OR OVERNIGHT MARINATING)
COOK TIME: 20 MINS
SERVES 4 (AS A LIGHT MEAL)

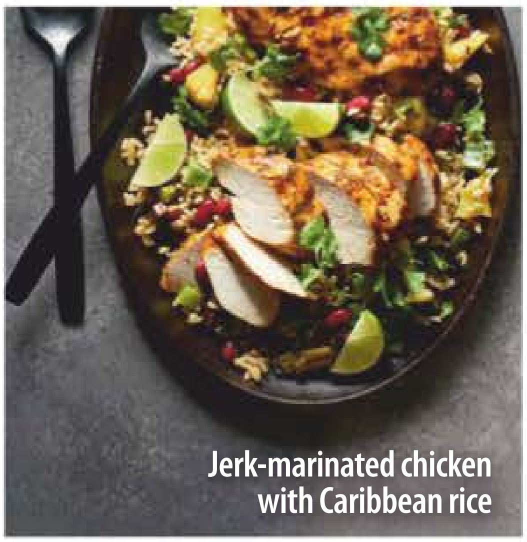
- **2 x 200g skinless chicken breast fillets, trimmed of fat**
- **2 Tbsp olive oil**
- **2 Tbsp red wine vinegar**
- **2 Tbsp fresh orange juice**
- **2 Tbsp thinly sliced green shallots**
- **3 tsp brown sugar**
- **1 Tbsp salt-reduced soy sauce or gluten-free soy sauce**
- **1 Tbsp finely chopped deseeded chilli**
- **2 tsp Cajun seasoning**
- **3 cloves garlic, crushed**
- **Lime wedges, to serve**

Caribbean rice

- **½ tsp olive oil**
- **⅓ cup chopped fresh pineapple**
- **½ cup chopped green capsicum**
- **1 Tbsp deseeded finely chopped green chilli**
- **Pinch each garlic powder, pepper and ground cinnamon**
- **250g pkt cooked brown rice**
- **⅓ cup no-added-salt red kidney beans, rinsed and drained**
- **60ml (¼ cup) fresh orange juice**
- **¼ cup chopped coriander**

1 **Place the chicken** in a resealable plastic bag and set in a shallow dish. Combine the oil, vinegar, orange juice, shallots, sugar, soy sauce, chilli, Cajun seasoning and garlic in a small bowl. Pour the marinade over the chicken. Seal bag and turn to coat the chicken. Place in the fridge for at least 6 hours, or overnight, to marinate.

2 **Drain the chicken,** reserving the marinade. Preheat a chargrill on medium. Add the chicken and cook for 4-5 minutes each side, or until cooked through. Transfer to a plate, cover loosely with foil and set aside for 5 minutes to rest.



Jerk-marinated chicken with Caribbean rice

3 **Put the reserved marinade** in a small saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer for 10 minutes, or until the mixture reduces to about 60ml (¼ cup).

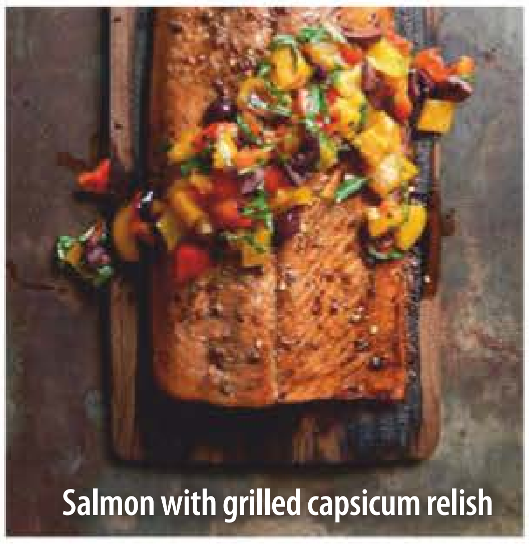
4 **Meanwhile, to make the Caribbean rice,** spray a medium non-stick frying pan with cooking spray. Heat the oil in a medium non-stick frying pan over medium heat. Add pineapple, capsicum, chilli, garlic powder, pepper and cinnamon. Cook, stirring often, for 5 minutes. Stir in the rice, kidney beans and orange juice. Cook, stirring, until heated through. Remove pan from heat and stir in the coriander.

5 **Diagonally slice the chicken.** Serve over Caribbean rice with the lime wedges. Drizzle with glaze.

SALMON WITH GRILLED CAPSICUM RELISH

PREP TIME: 15 MINS (+ 15 MINS STANDING AND 1 HOUR MARINATING)
COOK TIME: 35 MINS
SERVES 8 (AS A MAIN)

- **1 grill plank (such as cedar) (see Cook's Tip)**
- **900g salmon fillet with skin on, bones removed**
- **60ml (¼ cup) salt-reduced soy sauce or gluten-free soy sauce**



Salmon with grilled capsicum relish

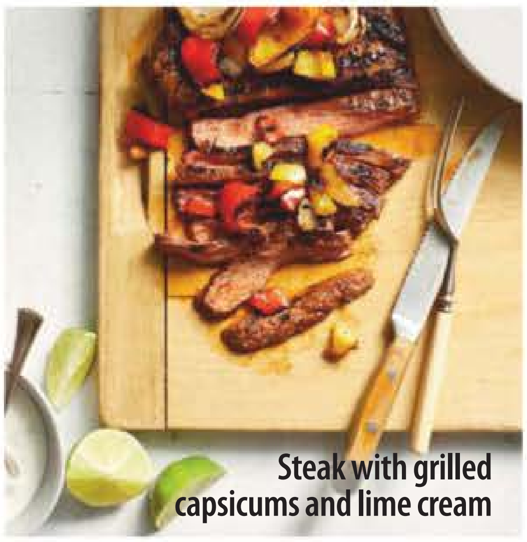
- **60ml (¼ cup) balsamic vinegar, plus extra 2 tsp**
- **3 Tbsp honey**
- **1 Tbsp grated ginger**
- **½ tsp chilli flakes**
- **3 red, yellow and/or orange capsicums**
- **¼ cup shredded basil, plus basil leaves, to serve (optional)**
- **2 Tbsp chopped pitted Kalamata olives**
- **2 tsp olive oil**
- **Freshly ground black pepper**
- **4 whole corn cobs, steamed, halved, to serve**
- **400g broccoli florets, steamed, to serve**

1 **Place the plank** in a container or sink of water to completely cover. Place salmon in a large resealable plastic bag and place in a shallow dish. Combine soy sauce, ¼ cup vinegar, honey, ginger and chilli flakes in a small bowl. Pour marinade over salmon. Seal bag and turn to coat salmon. Place in the fridge for 1 hour, turning the bag occasionally (don't marinate for any longer). Drain salmon, discarding the marinade.

2 **Preheat a barbecue grill** on high. Add the capsicum and cook, covered, turning occasionally, for 10-12 minutes, or until skin is

Cook's Tip

Look for grill planks in the grilling supplies section of hardware and home improvement stores.



Steak with grilled capsicums and lime cream

blistered and charred. Wrap the capsicum in foil and set aside for 15 minutes. Peel the capsicum and discard the skin and seeds. Chop into 1½ cm pieces.

3 **Remove the grill** plank from the water. Place plank on grill rack over medium. Grill, uncovered, for 3-5 minutes, or until plank begins to crackle and smoke. Place salmon, skin side down, on plank. Grill, covered, for 18-20 minutes, or until the fish flakes easily.

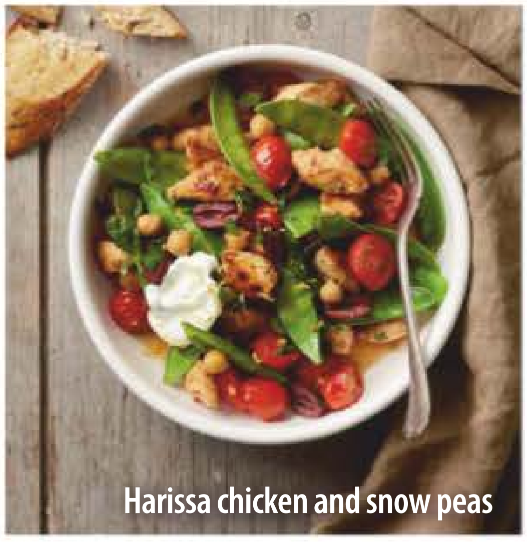
4 **Meanwhile,** put the chopped capsicum, basil, olives, oil and 2 tsp vinegar in a small bowl. Season with pepper. Toss to combine.

5 **Top salmon** with the capsicum mixture and basil leaves, if you like. Serve with the corn and broccoli.

STEAK WITH GRILLED CAPSICUM AND LIME CREAM

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A MAIN MEAL)

1 Tbsp Mexican chilli powder
2 cloves garlic, crushed
1 tsp ground cumin
½ tsp freshly ground black pepper
½ tsp brown sugar
¼ tsp ground coriander
500g beef flank steak, trimmed of fat
2 capsicums (yellow and red), cut into 1.25cm-thick rings
1 brown onion, cut into 1.25cm-thick slices



Harissa chicken and snow peas

1 Tbsp olive oil
½ lime, plus wedges, to serve (optional)
60g (¼ cup) light sour cream

Salad
2 cups rocket leaves
250g punnet cherry tomatoes, halved
½ small avocado, sliced or chopped
150g snow peas
Squeeze of fresh lime juice

1 **Preheat a barbecue grill** or chargrill on medium-high. Combine the chilli powder, garlic, cumin, pepper, sugar and coriander in a small bowl.

2 **Pat steak dry** with paper towels. Brush steak, capsicum and onion with the oil. Rub half the chilli powder mixture into the steak. Sprinkle remaining chilli powder mixture onto capsicum and onion.

3 **Add steak** to grill. Cook for 2½-3 minutes each side for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside to rest for 10 minutes.

4 **Add capsicum** and onion to grill. Cook for 3-4 minutes each side, or until charred and tender. Roughly chop cooked capsicum and onion.

5 **Meanwhile,** remove the zest and juice from the lime half. Combine the lime zest, lime juice and sour cream in a small bowl.

6 **To make the salad,** toss all ingredients in a bowl.

7 **Serve steak** with vegetables, lime cream, salad and lime wedges, if using.

HARISSA CHICKEN AND SNOW PEAS

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A MAIN MEAL)

500g skinless chicken breast fillets, trimmed of fat, cut into 2cm pieces
1-2 tsp harissa paste
2 cloves garlic, crushed
1 Tbsp olive oil
250g cherry tomatoes, halved
350g snow peas, trimmed
420g can no-added-salt chickpeas, rinsed and drained
125ml (½ cup) salt-reduced chicken stock or gluten-free stock
1 tsp finely grated lemon zest
1 Tbsp fresh lemon juice
⅓ cup chopped flat-leaf parsley
8 pitted Kalamata olives, halved
60g (¼ cup) fat-free Greek-style natural yoghurt
4 x 30g slices French bread or gluten-free bread, toasted (optional)

1 **Combine chicken,** harissa paste and garlic in a medium bowl. Toss to coat. Heat oil in a large non-stick frying pan over medium-high heat. Add chicken. Cook for 4-5 minutes, turning occasionally, or until it is cooked through. Transfer to a plate.

2 **Add halved tomatoes,** snow peas, chickpeas and stock to the same pan. Bring to a simmer over high heat. Reduce heat to medium and simmer, covered, for 5 minutes, or until snow peas are tender. Return chicken to the pan and stir until heated through.

3 **Remove pan** from heat and toss in lemon zest and juice, parsley and olives. Serve topped with yoghurt and bread for dipping, if using. ■

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Budget-friendly VEGIE SOUPS

Bring some sunshine to your day with these vibrant, nourishing soups. As an added bonus, they're all easily frozen and reheated

SWEET POTATO, COCONUT & LEMONGRASS SOUP

PREP TIME: 15 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A LIGHT MEAL)

- 2 Tbsp olive oil
- 4 green shallots, sliced
- 2 large cloves garlic, sliced
- 2 stalks lemongrass, outer leaves removed, stalk finely chopped
- 5cm piece ginger, sliced
- 800g orange sweet potato, chopped
- 500ml (2 cups) water
- 300ml salt-reduced vegetable stock or gluten-free stock
- 200ml light coconut milk
- 1 green chilli, halved lengthways, deseeded
- 1 tsp caster sugar
- Juice of 2 limes
- 1 small bunch coriander

1 **Heat the oil** in a large non-stick saucepan over medium heat. Add the shallot, garlic, lemongrass and three quarters of the ginger. Cook, stirring often, for 2 minutes, or until aromatic. Add the sweet potato, water, stock and coconut milk. Cover and bring to the boil. Reduce heat to medium-low and cook, covered, for 25 minutes, or until the sweet potato is very tender.

2 **Meanwhile,** put the remaining ginger, the chilli, sugar, three quarters of the lime juice and most of the coriander (reserving a few leaves for a garnish) into a small food processor. Cover and blend until smooth. Transfer the sambal to a small bowl and set aside.

3 **Use a handheld** blender to blitz the soup until smooth. Add the remaining lime juice. Season with pepper. Stir well.

4 **Divide soup** between serving bowls. Top with the coriander sambal and reserved coriander leaves. Serve. ➤

NUTRITION INFO GFO

PER SERVE 1180kJ, **protein** 5g, **total fat** 13g (sat. fat 5g), **carbs** 31g, **fibre** 8g, **sodium** 232mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO LC

LEEK, KALE & POTATO SOUP

The homemade shoestring fries add crunchy loveliness.

see recipe, page 50 >>

How our food works for you
see page 80

NUTRITION INFO
PER SERVE 610kJ, **protein** 5g, **total fat** 6g (sat. fat 2g), **carbs** 15g, **fibre** 5g, **sodium** 576mg

- **Carb exchanges** 1
- **GI estimate** high
- **Gluten-free option**
- **Lower carb**

GFO

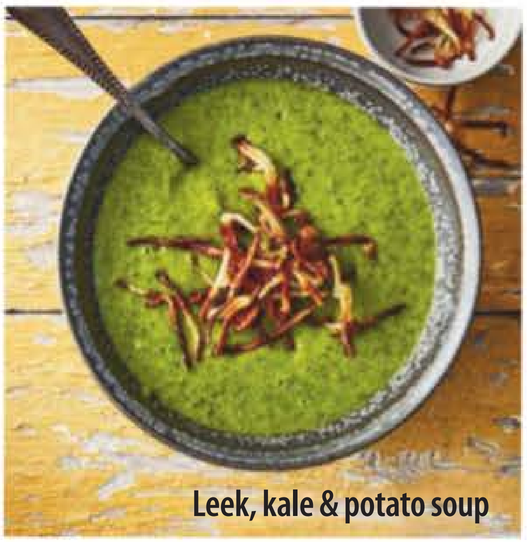
BEETROOT, CUMIN & CORIANDER SOUP

A crushed nut mix on top finishes off this spicy soup with a crispy flourish.

see recipe, page 50>>

NUTRITION INFO
PER SERVE 1250kJ, **protein** 10g, **total fat** 14g (sat. fat 2g), **carbs** 28g, **fibre** 13g, **sodium** 635mg

- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**



Leek, kale & potato soup

Beetroot, cumin & coriander soup

Vegie soups are easy on waistline and wallet

LEEK, KALE & POTATO SOUP

PREP TIME: 15 MINS
COOK TIME: 30 MINS
SERVES 6 (AS A LIGHT MEAL)

4 large potatoes (500g), 3 peeled and cubed, 1 left whole with skin on
1 Tbsp olive oil
3 tsp light margarine
5 leeks (about 500g), halved lengthways, sliced
2 cloves garlic, sliced
1.25L (5 cups) salt-reduced vegetable stock or gluten-free stock
250ml (1 cup) water
200g kale, core removed, chopped
2 Tbsp light sour cream
Freshly ground black pepper

1 **Preheat oven** to 200°C (fan-forced). Line a baking tray with baking paper. Shave thin slices off the whole potato using a vegetable peeler or slicer. Cut slices into matchsticks. Pat dry with paper towel. Toss the potato matchsticks with the oil. Spread out on the lined tray and bake for 15-18 minutes, or until golden brown.

2 **Meanwhile,** melt the margarine in a large saucepan over medium heat. Add the leek and chopped potato. Cook, stirring occasionally, for 10 minutes, or until the leek softens. Add the garlic and cook, stirring, for 1 minute. Add the stock and water. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered, for 10-12 minutes, or until the potatoes are soft. Add the kale and cook for 2-3 minutes, or until it wilts.

3 **Stir the sour cream** into the soup. Use a handheld blender to blitz the soup until smooth. Season with pepper. Divide the soup between serving bowls. Top with the shoestring fries and serve.

BEETROOT, CUMIN & CORIANDER SOUP

PREP TIME: 10 MINS
COOK TIME: 1 HOUR 10 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
2 red onions, cut into wedges
1kg beetroot, peeled, cut into wedges
1 tsp chilli flakes
1 Tbsp cumin seeds, plus 1 tsp extra
1½ Tbsp coriander seeds
1 Tbsp red wine vinegar
750ml (3 cups) salt-reduced vegetable stock or gluten-free stock
500ml (2 cups) water
30g hazelnuts
1 Tbsp sesame seeds
Freshly ground black pepper
4 Tbsp natural yoghurt

1 **Heat the oil** in a large saucepan over medium heat. Add the onion and beetroot. Cook, stirring occasionally, for 10 minutes. Increase heat to high and add the chilli flakes and 1 Tbsp each of the cumin and coriander seeds. Cook, stirring, until aromatic. Stir in the vinegar. Add the stock and water. Cover and bring to the boil. Reduce heat to medium-low and cook, covered, for 30 minutes. Remove the lid and continue to cook for a further 20-30 minutes, or until the beetroot is tender when a knife can be easily inserted into it.

2 **Meanwhile,** put the hazelnuts, sesame seeds and remaining cumin and coriander seeds in a non-stick frying pan. Cook, stirring often, until the hazelnuts are golden. Transfer to a mortar and pestle and pound until crushed. (Alternatively, place on a chopping board and finely chop the nuts.)

3 **Use a handheld blender** to blitz the soup until smooth. Season with pepper. Divide the soup between serving bowls. Top with the yoghurt and the nut mixture. Serve. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Ginger SPICE

Take your culinary skills to the next level with this versatile root

GFO

LIGHTLY SPICED CARROT SOUP

Lemongrass and curry powder give this autumn staple a little lift.

see recipe, page 56 >>

How our food works for you see page 82

NUTRITION INFO

PER SERVE 930kJ, **protein** 5g, **total fat** 2g (sat. fat 2g), **carbs** 27g, **fibre** 12g, **sodium** 369mg

- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

THE HEALTH BENEFITS

The root of the ginger plant was revered as a culinary and medicinal spice in ancient India, China, Greece and Rome. Gingerbread, ginger beer and preserved ginger are all familiar products. But ginger is more than a seasoning – its medicinal properties have been valued and used throughout the ages.

ORIGINS

Native to South-East Asia, India and China, ginger has been an integral component of people's diets and valued for its aromatic, culinary and medicinal properties for thousands of years. The Romans first imported ginger from China and, by the middle of the 16th century, Europe was receiving more than 2000 tonnes a year from the East Indies. The top commercial producers of ginger now include Jamaica, India, Fiji, Indonesia and Australia.

GINGER IS AVAILABLE IN VARIOUS FORMS

- **Whole fresh roots.** These provide the freshest taste.
- **Dried roots.**
- **Powdered ginger.** This is ground and made from the dried root.
- **Preserved or 'stem' ginger.** Fresh young roots are peeled, sliced and cooked in heavy sugar syrup.
- **Crystallised ginger.** Also cooked in sugar syrup, air dried and rolled in sugar.
- **Pickled ginger.** The root is sliced paper thin and pickled in vinegar.

This pickle, known in Japan as gari, often accompanies sushi to refresh the palate between courses.

RESEARCH

Historically, ginger has been used for medicinal needs for thousands of years, and many of these uses are now being widely researched. Ginger is rich in antioxidants and phytonutrients, which may create a protective and anti-inflammatory affect in the body.

SOOTHING THE DIGESTIVE SYSTEM

In the past, the root has a long tradition of being very effective in alleviating discomfort and pain in the stomach. Ginger has often been regarded as an excellent carminative, a substance that promotes the elimination of excessive gas from the digestive system and soothes the intestinal tract.

NAUSEA

Ginger root appears to reduce the symptoms associated with motion sickness, including dizziness, nausea, vomiting and cold sweating. Ginger has also been used to treat the nausea and vomiting associated with mild symptoms of pregnancy sickness. But, as with any herbal or nutritional supplements or medications, it is important to discuss these with your healthcare team before commencing.

WHOLE FRESH ROOTS

DRIED ROOTS

POWDERED

PRESERVED

CRYSTALLISED

PICKLED

Ginger has been soothing upset tummies for thousands of years

CHICKEN, EDAMAME & GINGER PILAF

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 4 (AS A MAIN)

- 2 Tbsp olive oil
- 1 brown onion, thinly sliced
- 3cm piece ginger, grated
- 1 red chilli, deseeded, finely sliced
- 375g skinless chicken breasts, trimmed of fat, cut into bite-sized pieces
- 250g basmati rice
- 600ml salt-reduced vegetable stock or gluten-free stock
- 140g frozen shelled edamame
- 4 Tbsp Greek-style, reduced-fat natural yoghurt
- Coriander leaves, to serve

Salad

- 1 large carrot, peeled into ribbons using a vegetable peeler
- 1 Lebanese cucumber, peeled into ribbons using a vegetable peeler
- 5 radishes, thinly sliced
- 1 cup coriander leaves
- 1½ cups baby spinach
- 250g cherry tomatoes, halved or quartered

1 **Heat the oil** in a medium saucepan over medium heat. Add the onion, ginger and chilli. Cook, stirring occasionally, for 6-7 minutes, or until the onion starts to soften.

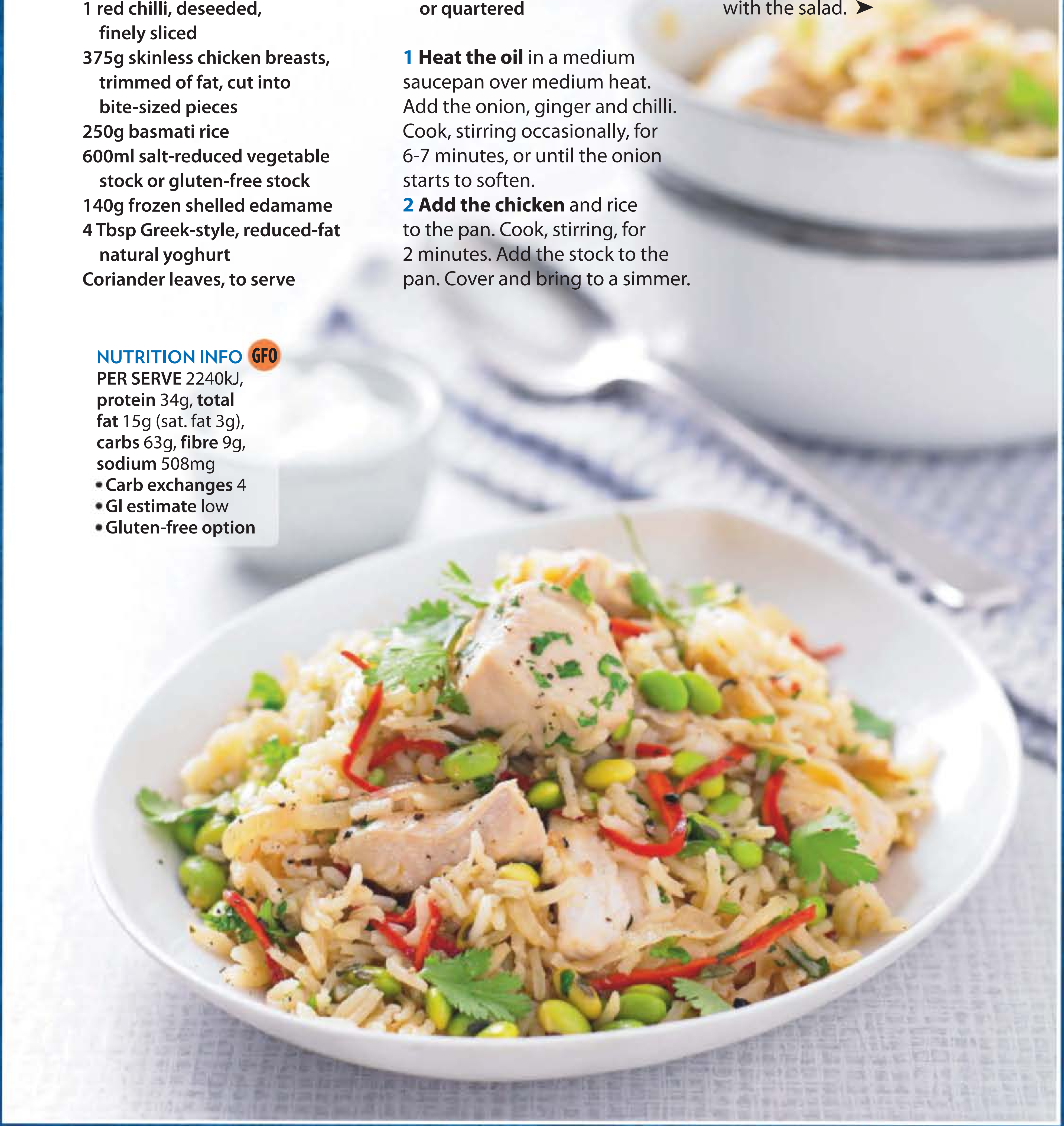
2 **Add the chicken** and rice to the pan. Cook, stirring, for 2 minutes. Add the stock to the pan. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered, for 10-12 minutes, or until the rice is just cooked, adding the edamame for the last 3 minutes of cooking.

3 **Meanwhile,** to make the salad, toss all the ingredients in a bowl.

4 **Top the pilaf** with the yoghurt and coriander leaves. Serve with the salad. ➤

NUTRITION INFO GFO

PER SERVE 2240kJ, **protein** 34g, **total fat** 15g (sat. fat 3g), **carbs** 63g, **fibre** 9g, **sodium** 508mg
- **Carb exchanges** 4
- **GI estimate** low
- **Gluten-free option**



Bold flavours such as harissa pair well with ginger's fragrant accents

NUTRITION INFO GF
PER SERVE 1870kJ, **protein** 39g, **total fat** 5g (sat. fat 1g), **carbs** 53g, **fibre** 15g, **sodium** 227mg
- **Carb exchanges** 3½
- **GI estimate** low
- **Gluten free**

MOROCCAN SPICED FISH WITH GINGER MASH

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

2 tsp light margarine
1 clove garlic, crushed
½-1 tsp harissa paste
Zest of 1 lemon
Small handful coriander, chopped
Freshly ground black pepper
700g orange sweet potato, cut into chunks
3cm piece ginger, finely grated
2 x 150g pieces skinless white fish fillets
200g green beans, trimmed, steamed, to serve

1 **Preheat oven** to 180°C (fan-forced). Line a small ovenproof dish with baking paper. Mix together the margarine, garlic, harissa, lemon zest, chopped coriander and black pepper.

2 **Cook the sweet potato** in a saucepan of boiling water for 10 minutes, or until just tender when pierced with a knife. Drain and return to the pan. Add the ginger and season with pepper. Mash until smooth. Cover and set aside.

3 **Meanwhile,** place the fish in the ovenproof dish and spread half the flavoured margarine over each fish fillet. Roast for 8-10 minutes, or until the fish is just cooked through.

4 **Serve the ginger mash** with the roast fish and beans. ➤

GFO

CHINESE BRAISED BEEF WITH GINGER

A delicious slow-cooked dish with plenty of flavour.

see recipe, page 56 >>

NUTRITION INFO

PER SERVE 2210kJ, **protein** 44g, **total fat** 13g (sat. fat 4g), **carbs** 54g, **fibre** 8g, **sodium** 755mg

- **Carb exchanges** 3½
- **GI estimate** low
- **Gluten-free option**

Lightly spiced carrot soup

Chinese braised beef with ginger

LIGHTLY SPICED CARROT SOUP

PREP TIME: 10 MINS
COOK TIME: 25 MINS
SERVES 4 (AS A LIGHT MEAL)

2 tsp olive oil
1 brown onion, finely chopped
1 clove garlic, chopped
Knob of ginger, grated
1 red chilli, deseeded, chopped
1 tsp mild curry powder or gluten-free curry powder, plus extra to serve (optional)
1kg carrots, trimmed, sliced
2 stalks lemongrass, bashed
2 strips orange zest
450ml water
250ml (1 cup) salt-reduced vegetable stock or gluten-free stock
375ml can Carnation Light & Creamy Evaporated Milk
1 tsp coconut essence (optional)
3 Tbsp low-fat natural yoghurt, whisked until smooth
2 Bakers Delight Hi-Fibre Lo-GI Lunchbox rolls, halved to serve (optional)

1 **Heat the oil** in a large saucepan over medium heat. Add the onion, garlic, ginger and chilli. Cook, stirring occasionally, for 4-5 minutes or until the onion starts to soften. Add curry powder and cook, stirring, for 1 minute. Add carrot, lemongrass and zest. Cover. Cook over low heat for 10 minutes.

2 **Add the water,** evaporated milk and coconut essence, if using. Bring to a simmer. Reduce heat to medium and simmer for 15 minutes, or until the carrots are really soft. Remove lemongrass and orange zest from the pan. Use a handheld blender to whizz until smooth.

3 **Ladle soup into bowls** and spoon a little yoghurt over the top. Sprinkle with a little extra curry powder, if you like. Serve with bread rolls, if you like.

CHINESE BRAISED BEEF WITH GINGER

PREP TIME: 35 MINS
COOK TIME: 3 HOURS
SERVES 6 (AS A MAIN)

1 Tbsp sunflower oil
1.25kg chuck steak, trimmed of fat, cut into chunks
2 brown onions, roughly chopped
50g piece of ginger, roughly chopped, plus extra 3cm piece, peeled, cut into matchsticks
3 cloves garlic
Small bunch coriander, washed and dried
2 tsp Chinese five spice
6 whole star anise
1 tsp black peppercorns
100g dark brown sugar
100ml salt-reduced soy sauce or gluten-free soy sauce
2 Tbsp salt-reduced tomato sauce
220g (1 cup) SunRice Doongara Low GI Brown Rice, cooked as per packet directions, to serve
2 large carrots, sliced, steamed, to serve
2 bunches broccolini, steamed, to serve

1 **Heat 1 tsp** of the oil in a large stoveproof and ovenproof casserole dish over medium-high heat. Add one third of the beef and cook for 2-3 minutes, turning occasionally, until browned. Transfer to a bowl. Repeat in another 2 batches with another teaspoon of oil and beef.

2 **Meanwhile,** put the onion, 50g ginger, garlic and coriander stalks and stems in a small food processor. Cover and process until they form a paste.

3 **Preheat oven** to 140°C (fan-forced). Add paste to casserole dish with a good splash of water and gently fry, scraping up beef bits, until paste is fragrant and softened (add more water if paste sticks). Stir in five spice, star anise and peppercorns. Cook, stirring, for 1 minute. Add the sugar, soy sauce and tomato sauce. Return beef and any juices to dish, then stir in enough water to just about cover. Bring to a gentle simmer.

4 **Cover the pan** and cook in the oven for 2½ hours, or until the beef is very tender. Use a slotted spoon to transfer the beef to a separate bowl. Place the pan over medium-high heat and simmer until the sauce reduces and thickens by about half.

5 **Meanwhile,** heat remaining oil in a small non-stick frying pan over medium heat. Add the extra ginger sticks and cook for 2 minutes, or until golden and crispy.

6 **Return the beef** to the reduced sauce. Serve the beef with rice, carrots and broccolini. Scatter the beef with the crispy ginger. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

VERY *moreish*

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

NUTRITION INFO GFO
PER SERVE 484kJ, **protein** 5g, **total fat** 3g (sat. fat 1g), **carbs** 16g, **fibre** 1g, **sodium** 107mg
• **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option**

This tasty, quick bread is packed with corn flavour

CHILLI CORNBREAD

PREP TIME: 20 MINS
(+ 3 HOURS SOAKING)
COOK TIME: 30 MINS
SERVES 10 (AS A SNACK)

200g (1 cup) fine polenta (cornmeal)
285ml buttermilk
25g light margarine
1 small red chilli, deseeded, finely chopped
1 tsp baking powder or gluten-free baking powder
¼ tsp bicarbonate of soda
50g fresh or frozen corn kernels (defrosted if frozen)
2 x 60g eggs, whisked

1 **Put the polenta** in a 25cm ovenproof and stoveproof frying pan (cast iron is ideal) over medium heat. Cook, stirring, for 3-4 minutes, or until polenta has heated through, is fragrant and small patches are starting to turn golden brown. Remove pan from heat. Tip half the polenta into a large bowl. Tip rest into a medium bowl. Add buttermilk to polenta in large bowl. Stir well, cover and set aside for 3 hours to soak.

2 **Preheat oven** to 200°C (fan-forced). Melt margarine in pan. Stir margarine, chilli, baking powder, bicarbonate of soda, corn, eggs and reserved toasted polenta into the soaked polenta.

3 **Return the pan** to a high heat. Pour mixture into the pan – it should sizzle as it hits the pan. Put the pan in the oven and bake for 15-20 minutes or until golden brown and firm in the middle. Set aside to cool for 10 minutes before cutting into wedges, to serve. ■

HEALTHIER HAIR, SKIN & NAILS

Supercharge your diet with key nutrients to boost hair, nail and skin growth

GF LC

BREAKFAST

APRICOT & SEED OVERNIGHT CHIA

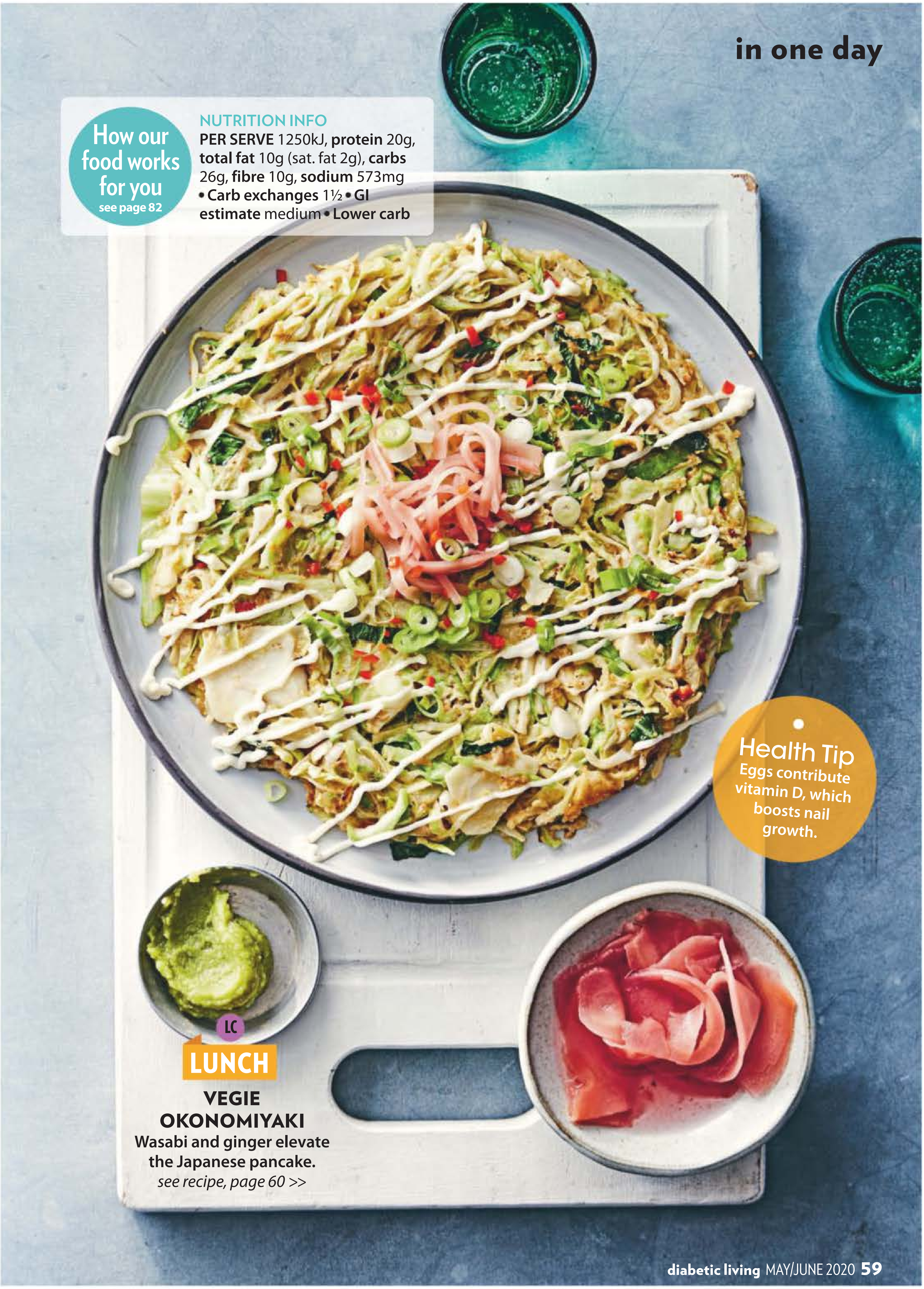
A quick, fruity and tasty option to start the day.

see recipe, page 60 >>

NUTRITION INFO

PER SERVE 1010kJ, **protein** 8g, **total fat** 16g (sat. fat 2g), **carbs** 10g, **fibre** 13g, **sodium** 61mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**



How our food works for you see page 82

NUTRITION INFO
PER SERVE 1250kJ, **protein** 20g, **total fat** 10g (sat. fat 2g), **carbs** 26g, **fibre** 10g, **sodium** 573mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

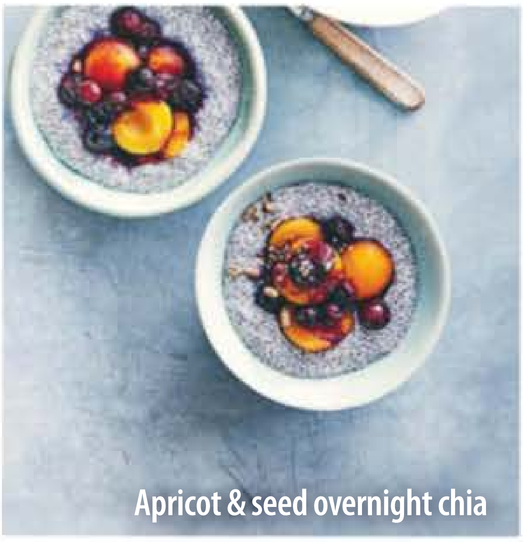
Health Tip
Eggs contribute vitamin D, which boosts nail growth.

LC

LUNCH

VEGIE OKONOMIYAKI

Wasabi and ginger elevate the Japanese pancake.
see recipe, page 60 >>


Apricot & seed overnight chia

Vegie okonomiyaki

Punch up meals with flavours that fuel the body

Breakfast

APRICOT & SEED OVERNIGHT CHIA

PREP TIME: 10 MINS
(+ OVERNIGHT SOAKING)
COOK TIME: 20 MINS
SERVES 4 (AS A BREAKFAST)

- 8 Tbsp chia seeds
- 350ml unsweetened almond milk
- 3 Tbsp mixed seeds (such as sunflower seeds, pumpkin seeds and linseeds)
- 8 fresh apricots, halved, stones removed
- 1 tsp vanilla bean paste
- 100g blueberries
- Finely grated zest and juice of ½ lemon
- Honey, to serve (optional)

1 **Put the chia seeds,** milk and half the mixed seeds in a medium bowl or airtight container. Stir. Cover and place in the fridge to soak overnight.

2 **Preheat oven** to 160°C (fan-forced). Line baking tray with baking paper. Spread the apricot halves over the tray and toss with vanilla bean paste. Roast for 15-20 minutes, or until apricot is soft and just starting to caramelise.

3 **Meanwhile,** tip blueberries into a small saucepan with zest and juice. Simmer over medium heat for 4-5 minutes, or until juicy and bursting.

4 **Divide the chia seed** mixture between bowls. Spoon over the apricot, blueberry compote, remaining mixed seeds and a drizzle of honey, if you like. Serve.

Lunch

VEGIE OKONOMIYAKI

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A LIGHT LUNCH)

- 3 x 60g eggs
- 50g (⅓ cup) plain flour
- 2½ tsp skim milk
- 4 green shallots, trimmed, sliced
- 1 bunch Asian greens, sliced
- 200g savoy cabbage, shredded
- 1 red chilli, deseeded, finely chopped, plus extra to serve
- 1 tsp salt-reduced soy sauce
- ½ tsp olive oil
- 1 Tbsp 97% fat-free mayonnaise
- Juice of ½ lime
- 20g sushi ginger, shredded, to serve
- 1 tsp wasabi, to serve

1 **Whisk the eggs,** flour and milk in a medium bowl until smooth. Add half the sliced shallots, the Asian greens, cabbage, chilli and soy sauce.

2 **Heat the oil** in a small non-stick frying pan over medium heat. Pour the batter into the pan. Cook, covered, for 7 minutes. Flip the okonomiyaki into a second frying pan, then return it to the heat and cook for a further 7-8 minutes, or until a skewer inserted into it comes out clean.

3 **Mix the mayonnaise** and lime juice together in a small bowl. Transfer okonomiyaki to a plate, then drizzle over the lime mayo. Top with extra chilli, remaining sliced shallots and sushi ginger. Serve with wasabi on the side.

Health Tip
The berries provide a dose of antioxidants called anthocyanins that help to support healthy skin.

GF LC

DINNER

THAI MACKEREL & SWEET POTATO TRAYBAKE

PREP TIME: 30 MINS
COOK TIME: 45 MINS
SERVES 4 (AS A MAIN)

2 red chillies, deseeded, roughly chopped, plus extra sliced chillies to serve
1 small brown onion, roughly chopped
2 cloves garlic
5cm piece ginger, peeled and chopped
1 stalk lemongrass
1 Tbsp smoked paprika
Zest and juice of 2 limes, plus extra wedges to serve
1 Tbsp water
200g orange sweet potato, cut into 1cm cubes
1 Tbsp olive oil
2 red capsicums, sliced
3 dried kaffir lime leaves
4 x 150g fresh mackerel fillets
4 green shallots, trimmed, sliced
Small bunch coriander, chopped
400g broccoli florets, steamed, to serve

1 Put chopped chilli, onion, garlic, ginger, lemongrass, paprika, lime zest and juice and the water in a small food processor. Cover and process, occasionally scraping down the side of bowl, until you have a smooth paste.

2 Preheat oven to 180°C (fan-forced). Line a large roasting tin with baking paper. Put the sweet potato and oil in the roasting tin and toss to combine. Add the curry paste, capsicum and kaffir lime leaves. Roast for 35-40 minutes, or until the potato is tender.

3 Preheat grill on high. Slash mackerel skin a few times with a sharp knife. Arrange fish over veg, skin-side up. Place under grill and cook for 4-5 minutes, until skin is blistered and flesh is cooked through.

4 Scatter over the sliced green shallots, coriander and extra chilli. Squeeze over the lime wedges. Serve with the steamed broccoli. ■

NUTRITION INFO

PER SERVE 1490kJ, **protein** 28g, **total fat** 15g (sat. fat 3g), **carbs** 22g, **fibre** 11g, **sodium** 269mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Cook's Tip

Fresh mackerel is available year round, however, you can replace it with 2 x 425g cans Woolworths Mackerel, drained. Reduce grilling time to 2-3 minutes or until just heated through.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

NUTRITION INFO
PER SERVE 1280kJ, **protein** 14g, **total fat** 14g (sat. fat 3g), **carbs** 26g, **fibre** 12g, **sodium** 214mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

LC

BEETROOT FRITTERS
The colours of the rainbow come together in this veg-heavy creation, ideal for weekend brunch.
see recipe, page 64 >>

3 HEALTHY WAYS

BRILLIANT BEETROOT

This pretty purple root is packed full of folate, which is essential in protecting our DNA and is one of the best sources of dietary nitrates, which can help lower blood pressure

How our food works for you
see page 80

NUTRITION INFO
PER SERVE 1320kJ, **protein** 11g, **total fat** 14g (sat. fat 2g), **carbs** 32g, **fibre** 11g, **sodium** 122mg • **Carb exchanges** 2 • **GI estimate** medium

BEETROOT, APPLE & BROAD BEAN TABBOULEH

Full of flavour, this light meal tastes just as amazing as it looks.

see recipe, page 64 >>

GF

CRAB & BEETROOT PÂTÉ

Quick to make – and eat – this easy entertainer is full of antioxidants.

see recipe, page 64 >>

NUTRITION INFO
PER SERVE 610kJ, **protein** 8g, **total fat** 5g (sat. fat 3g), **carbs** 14g, **fibre** 5g, **sodium** 360mg
- **Carb exchanges** 1
- **GI estimate** medium
- **Gluten free**

Beetroot fritters

Beetroot, apple & broad bean tabbouleh

Crab & beetroot pâté

BEETROOT FRITTERS

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A LIGHT MEAL)

1 Tbsp olive oil
4 Tbsp low-fat Greek-style natural yoghurt
½ small bunch mint, leaves picked, finely chopped
150g mixed rocket salad leaves
125g (½ punnet) cherry tomatoes, halved

Fritters

380g raw beetroot, peeled, trimmed, coarsely grated
60g egg, whisked
1 Tbsp plain flour
1 large clove garlic, grated
1 tsp caraway seeds
½ tsp ground cumin
Finely grated zest of 1 lemon

1 Preheat oven to 160°C (fan-forced). Transfer a tray lined with baking paper.

2 To make the fritters, combine all ingredients in a large bowl. Heat the oil in a large non-stick frying pan over medium heat. Spoon in the beetroot mixture to make six round fritters. Cook for 4-5 minutes each side, or until cooked through. Transfer to lined tray and bake for 10 minutes.

3 Meanwhile, combine yoghurt and mint in a small bowl. Toss salad leaves and tomatoes in small bowl.

4 Serve the fritters with the mint yoghurt and salad.

BEETROOT, APPLE & BROAD BEAN TABBOULEH

PREP TIME: 15 MINS (+ COOLING)
COOK TIME: 15 MINS
SERVES 4 (AS A LIGHT MEAL)

120g bulgur (cracked wheat)
1 heaped tsp coriander seeds
1 small bunch parsley, finely chopped
1 small apple, thinly sliced
200g podded broad beans
2 raw beetroots, peeled, trimmed, thinly sliced
Juice of 1 lemon
2 Tbsp olive oil
30g reduced-fat feta, crumbled
20g shelled unsalted pistachio nuts, roughly chopped

1 Tip the bulgur into a sieve and rinse under cold water. Cook in a saucepan of boiling water, following packet directions, until tender. Drain and set aside to cool.

2 Crush the coriander seeds in a small mortar and pestle (or place them in a small resealable bag and bash with a rolling pin). Add the seeds to a small non-stick frying pan. Cook, stirring, for 2-3 minutes, or until just toasted.

3 Toss bulgur in a large bowl with the seeds, parsley, apple, broad beans, beetroot, juice and oil.

4 Spoon the tabbouleh onto a serving platter and scatter over the feta and pistachios.

CRAB & BEETROOT PÂTÉ

PREP TIME: 10 MINS
COOK TIME: 5 MINS
SERVES 4 (AS A SNACK)

150g white crab meat
3 cooked beetroots (about 65g each), grated
2 Tbsp crème fraîche
Zest and juice of 1 lemon
½ small bunch dill, finely chopped
½ small bunch parsley, finely chopped
Freshly ground black pepper
100g snow peas, topped and tailed
350g baby cucumbers, halved, or 1 cucumber, cut into matchsticks, to serve
8 radishes, trimmed, to serve
12 Peckish No Salt Brown Rice Crackers, to serve

1 Combine crab meat, beetroot, crème fraîche, lemon zest and juice, dill and parsley in a medium bowl. Season with pepper. Cover and put in the fridge.

2 Bring a small saucepan of water to the boil. Add the snow peas and return water to the boil. Drain well and transfer to a bowl filled with iced water.

3 Serve the pâté with the peas, cucumber, radish and crackers. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Wellness Tip

Often you can lower the overall GI of a recipe by simply adding a protein or a healthy fat. Combining the walnuts with raisins helps to do just that. Another healthy tip is, rather than coating these 'drops of loveliness' in chocolate, use crushed nuts or cacao powder.

NUTRITION INFO
PER SERVING
Energy 230.7kJ
Total fat 2.8g
Saturated fat 0.3g
Sodium 4.3mg
Carbohydrate 7g
Fibre 0.9g

Nutty delights

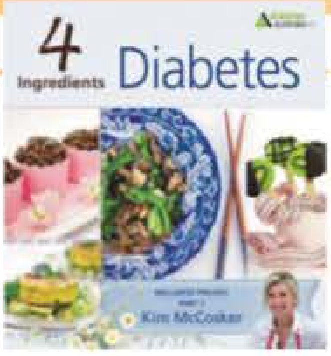
Need a snack at home, in the office or when on-the-go? Make a batch of these 4-ingredient bliss balls.

WALNUT & RAISIN DROPS

MAKES 20

¾ cup (75g) raw walnuts
¼ cup (25g) raw cacao powder
1 cup (165g) raisins
1 teaspoon vanilla extract

Process all ingredients in a food processor or blender, until fine and sticky. Using a teaspoon, shape into balls. Refrigerate until ready to serve. ■



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Subscribe to *DL* for a FREE copy (page 136) or check out our competition on page 12.

crowd pleaser

So *berry* good

PULL-APART BLUEBERRY MUFFIN BREAD

PREP TIME: 15 MINS (+ COOLING)
COOK TIME: 30 MINS
SERVES 10 (AS A BREAKFAST)

- 350g (2⅓ cups) plain flour
- 215g (1⅓ cups) wholemeal plain flour
- 3 Tbsp psyllium husk
- 2 tsp ground cinnamon
- 1 tsp bicarbonate of soda
- 25g light margarine, plus extra to serve (optional)
- 80g (⅓ cup) caster sugar
- 200g blueberries
- 300ml buttermilk
- 150ml skim milk
- 2 tsp vanilla extract

Crumble

- 40g (¼ cup) plain flour
- 1 Tbsp raw sugar or demerara sugar
- 1 tsp ground cinnamon
- 25g light margarine, melted

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

2 Combine the flours, psyllium husk, cinnamon and bicarb in a large bowl. Add margarine and use fingers to rub in until it forms fine crumbs. Stir in sugar and berries.

3 Whisk buttermilk, skim milk and vanilla extract in a jug. Drizzle milk mixture over dry ingredients. Use a large palette knife to stir mixture until it starts to come together to form a dough. It will be very soft and sticky, so dust your hands with a little flour. Divide dough into 10 portions, pat each one gently to smooth into rough roll shapes, then arrange on the baking tray so balls are just touching, making a rectangle shape out of the dough.

4 To make crumble, combine all the ingredients in a small bowl. Sprinkle over rolls, pressing down slightly into tops of rolls. Bake in preheated oven for 25-30 minutes, or until golden and crusty. Set aside for 10 minutes to cool slightly. Serve warm with margarine, if using. ■

Cook's Tip

These muffins are best served on the day they are made. Wrap remaining serves individually in plastic wrap and place in a resealable freezer bag. Expel any air. Label date and freeze for up to 3 months. Remove as needed and defrost. Reheat in oven or microwave before serving.

NUTRITION INFO

PER SERVE 1320kJ, **protein** 9g, **total fat** 4g (sat. fat 1g), **carbs** 57g, **fibre** 7g, **sodium** 175mg
- **Carb exchanges** 4
- **GI estimate** high

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Peanut Butter Brownie
Sandwich Cookies

Everyone knows the sweetest gifts are handmade.
Spoil mum this Mother's Day with these delicious cookies.

Serves: 15 | Prep: 20mins | Bake: 12mins

Ingredients

Brownie Cookies

- 1 packet '180 Cakes' Chocolate Fudge Brownie Mix
- 90ml melted unsalted butter
- 3 large eggs

Peanut Butter Filling

- 200g soft unsalted butter
- 300g all natural 100% peanut butter

Nutritional Info

Per Serve: 1308kj
Protein: 9.74g
Total Fat: 23.42g
(Sat. Fat): 6.41g
Carbs: 4.35g
Sodium: 81mg

- Gluten Free
- Lower Carb

Instructions

1. Preheat oven to 150*c (with fan) or 170*c (without fan). Line baking trays with baking paper.

2. Place brownie mix, eggs and melted butter in a large bowl and stir with a wooden spoon until just combined.

3. Spoon 30 tablespoons of mixture onto the trays 2cm apart, bake for 12 minutes until cookies are soft in the centre and firm around the edges. Let cool on tray for 10 minutes before removing onto a wire rack to cool completely.

4. For the filling, in a large bowl, beat the soft unsalted butter and peanut butter with an electric beater on low speed for 30 seconds and then high speed for 1 minute. Refrigerate for 10 minutes or until the cookies are cool.

5. To assemble, spoon a tablespoon of the peanut butter mixture onto the flat side of one cookie and sandwich with the other.

6. Serve immediately or place in the refrigerator until ready to serve (can be stored in an airtight container in the fridge for up to 5 days).

Contains no added sugar, all 180 Cakes Baking Mixes are gluten free, dairy free, low carb and so very delicious, everyone will love them!

180 Cakes
Chocolate Fudge Brownies

Get **20% OFF all '180 Cakes'** mixes + free shipping at
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use code: DIABETICLIVING
at the checkout

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@180CakesAU

Made with LOVE

Spoil the women in your life this Mother's Day with decadent lower-carb desserts

GF LC

BERRY JELLY MOUSSE

Crimson mousse, cooling mint, a cheerful wobble… this is jelly for grown-ups!

see recipe, page 72 >>

NUTRITION INFO

PER SERVE 324kJ, **protein** 4g, **total fat** 0g (sat. fat 0g), **carbs** 11g, **fibre** 3g, **sodium** 57mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

LC

YOGHURT AND BERRY CHEESECAKE

Creamy, dreamy and delish. It's pure decadence – minus the guilt.

see recipe, page 72>>

How our food works for you see page 80

NUTRITION INFO

PER SERVE 523kJ, **protein** 6g, **total fat** 7g (sat. fat 4g), **carbs** 10g, **fibre** 1g, **sodium** 116mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

NUTRITION INFO GFO LC
PER SERVE 349kJ, **protein** 5g, **total fat** 2g (sat. fat 2g), **carbs** 11g, **fibre** 1g, **sodium** 76mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

Love is the key ingredient in homemade delights

COCONUT AND ORANGE SOUFFLÉS

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 4 (AS A DESSERT)

- 2 Tbsp caster sugar, plus 1 tsp extra
- 4 egg whites (from 60g eggs), at room temperature
- Finely grated zest of ½ orange
- 1 tsp vanilla extract
- 1½ Tbsp desiccated coconut
- 2½ Tbsp fresh orange juice
- Icing sugar or gluten-free icing sugar, for dusting
- 2 tsp diet vanilla yoghurt, per person, to serve

1 **Preheat oven** to 170°C (fan-forced). Spray 4 x 250ml (1 cup) ovenproof ramekins with cooking spray. Sprinkle the base of each ramekin with ¼ tsp of the extra sugar. Place them in a baking dish (this needs to be large enough that it can be filled with boiling water to come halfway up the sides of the ramekins).

2 **Using electric beaters,** whisk the egg whites in a large bowl until soft peaks form. Add the sugar, 1 Tbsp at a time, whisking until sugar is dissolved and firm peaks form. Add orange zest and vanilla extract to the bowl and whisk until combined.

3 **Add the coconut** and orange juice to the egg whites and use a large metal spoon to gently fold in until just combined. Carefully spoon the mixture evenly between the ramekins. Run your finger around the inside rim of each ramekin to remove any mixture. Pour boiling water into the baking dish they are sitting in to come halfway up the sides of the ramekins. Bake for 15 minutes, or until light golden brown.

4 **Dust the soufflés** with icing sugar and serve topped with the vanilla yoghurt. ➤

GF LC

GRAPEFRUIT, LIME AND CINNAMON ICE

We've got chills – and they're multiplying – for this frozen fruit sensation.

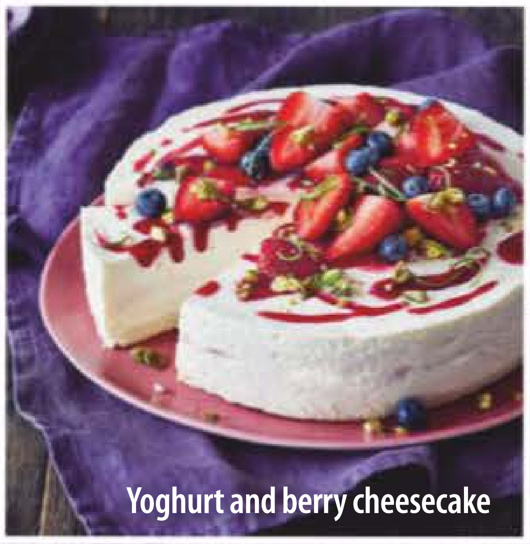
see recipe, page 73 >>

NUTRITION INFO

PER SERVE 189kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 9g, **fibre** 1g, **sodium** 9mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

Spoil Mum to show her just how much you care

Berry jelly mousse


Yoghurt and berry cheesecake

BERRY JELLY MOUSSE

PREP TIME: 15 MINS
(+ 8 HOURS SETTING)
SERVES 4 (AS A DESSERT)

2 x 9g sachets Aeroplane Jelly Lite Strawberry Flavour
375ml (1½ cups) boiling water
250ml (1 cup) cold water
200g strawberries, roughly chopped, plus 8 small strawberries, finely chopped
260g (1 cup) Yoplait Formé Zero French Vanilla Yoghurt
100g raspberries, halved
¼ cup mint leaves, finely shredded, plus extra to serve

1 **Put one sachet** of diet jelly in a heatproof jug. Add 250ml (1 cup) of the boiling water. Stir until the crystals dissolve. Stir in the cold water. Set aside to cool for 15 minutes. Pour evenly among 4 serving glasses. Place in the fridge for 4 hours, or until set.

2 **An hour before the jelly is set,** put remaining jelly crystals in a separate heatproof jug. Add the remaining 125ml (½ cup) boiling water. Stir until the crystals dissolve. Set aside to cool.

3 **Put the 200g strawberries** in a small food processor and process until finely chopped. Add in the vanilla yoghurt and process until almost smooth. Stir in the cooled jelly liquid.

4 **Pour the strawberry yoghurt** mixture evenly over the set jellies. Add the raspberry halves to the glasses. Place in the fridge for 4 hours, or until set.

5 **Toss finely chopped** strawberries and mint together. Place on top of the jellies. Top with extra mint leaves and serve.

YOGHURT AND BERRY CHEESECAKE

PREP TIME: 15 MINS
(+ 8 HOURS SETTING)
SERVES 12 (AS A DESSERT)

1 bought single, plain, unfilled sponge
80ml (⅓ cup) boiling water
1 Tbsp powdered gelatine
250g light cream cheese, at room temperature
520g (2 cups) Yoplait Formé Zero French Vanilla Yoghurt
⅓ cup granulated sugar substitute

Grapefruit, lime and cinnamon ice

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** ROB PALMER
STYLING VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

Finely grated zest and juice of 1 lime, plus extra zest to serve
1 cup frozen raspberries, defrosted, juices reserved
200g mixed berries (we used 125g strawberries and 75g blueberries)
2 Tbsp shelled, unsalted pistachio nuts, chopped

1 **Line the base** and sides of an 18cm (base measurement) non-stick round springform tin with baking paper. Cut a thin slice (5mm thick) of the sponge and place it in the base of the tin. Cut another thin slice of the cake and cut a ring from around the outside of the cake (all the way around) to fill the gap in the cake tin, so the sponge covers the whole base (should be 90g in total of sponge). Use your hands to press the sponge cake down into the pan. Set aside.

2 **Put the boiling water** in a small heatproof bowl. Sprinkle over the gelatine and stir until it almost dissolves. Place in the microwave on high/100% for 15 seconds, or until it dissolves. Stir well. Set aside.

3 **Using electric beaters,** whisk the cream cheese, yoghurt and sugar substitute in a large bowl until smooth. Add the lime zest, half the lime juice and the gelatine mixture. Whisk until combined. Put the raspberries, reserved juices and remaining lime juice in a small bowl. Use a fork to mash until almost smooth. Strain through a sieve to remove the seeds.

4 **Spoon half** the cheesecake mixture into the cake tin. Smooth out. Add one third of the raspberry puree in small spoonfuls and use a skewer to ripple through. Top with remaining cheesecake mixture. Add another third of the raspberry puree in small spoonfuls. Use a skewer to ripple through the mixture. Place in the fridge for 6-8 hours, or overnight, until set.

5 **Use a warm wet cloth** to rub the edge of the tin (it helps to loosen the cheesecake from the side of the tin). Remove the paper from the side of the tin. Put a piece of baking paper on a large tray and carefully turn the cheesecake out onto the tray. Remove the paper from the base of the cheesecake. Carefully turn back upright onto a serving plate.

6 **Top cheesecake** with the mixed berries, nuts and extra lime zest. Drizzle over remaining raspberry puree and serve.

GRAPEFRUIT, LIME AND CINNAMON ICE

PREP TIME: 10 MINS
(+ 16 HOURS FREEZING)
SERVES 4 (AS A DESSERT)

400ml pink grapefruit juice (about 4 grapefruits)
250ml (1 cup) water
⅓ cup granulated sugar substitute
Finely grated zest of 1 lime
Juice of 2 limes
¼ tsp ground cinnamon

1 **Combine all ingredients** in a large jug. Pour the mixture into a shallow freezer-proof container. Cover with foil and freeze for 4 hours, or until partially frozen.

2 **Break the mixture** into pieces and place in a food processor. Blend until smooth. Pour back into the dish. Cover with foil and freeze for a further 4 hours. Break the mixture into pieces and put into the food processor. Cover and process again until smooth. Spoon back into the container. Cover and put into the freezer for 8 hours, or overnight, until it is completely frozen.

3 **Use a metal spoon** to scoop into serving bowls. Serve. ■

SPREADS

Choosing a healthy spread can be hard, so here are some that will surely be your jam

When it comes to choosing the best spread for your wholegrain toast or cracker, it is important to always check out both the ingredients list and the nutrition information panel.

The ingredients are listed in descending weights, so the first couple of ingredients will generally give you a good idea of what the product is primarily made up of. Therefore, it can be useful to avoid products that list an added sugar or salt as the first or second ingredient.

The nutrition information panel will always list nutrients per recommended serve and per 100g. When comparing products, always compare using the 'per 100g' data, as the recommended serve size will vary between brands and often doesn't match how much you serve yourself.

If choosing a nut or seed spread, aim to choose one that contains:

- **No more than 200mg of sodium per 100g; and**
- **Less than ⅓ of the total fat being saturated/trans fat.**

If choosing a sweet-flavoured spread, look for one that contains:

- **Less than 1000kJ per 100g; and**
- **Preferably no added sugars.** ■

nuttvia
HAZELNUT SPREAD
97% LESS SUGAR
VEGAN
ZERO PALM OIL

NUTTVIA

- **Hazelnut Spread**

Available in Woolworths and Coles, $6.

MAYVER'S

- **Peanut Butter range (excluding Protein+ and Dark Roasted Peanut Butter – Smooth or Crunchy)**
- **Almond Spread range**
- **Tahini range**
- **Super Spread range**

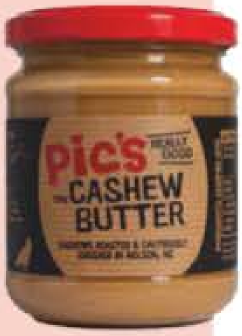
Available at Coles and Woolworths, from $5.30.

MAYVER'S
Hulled
TAHINI
MAYVER'S
Cacao
SUPER SPREAD
MAYVER'S
Original
SUPER SPREAD
MAYVER'S
PEANUT BUTTER
DL loves

PIC'S

- **Peanut Butter – Smooth or Crunchy**
- **Cashew Butter**
- **Almond Butter**

Available in Coles and Woolworths, $7.50.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CASHEW BUTTER

Bega
Simply Nuts
Bega
NO ADDED SUGAR OR SALT
peanut butter
CRUNCHY

BEGA

- **Simply Nuts - Smooth, Crunchy, The Crunchiest or No Added Salt**
- **No Added Sugar or Salt Peanut Butter – Smooth or Crunchy**

Available from Coles, Woolworths and IGA, $5.

MACRO

- **Almond, Brazil & Cashew Spread**
- **Cashew Spread**
- **Tahini – Hulled or Unhulled**
- **Organic Peanut Butter – Smooth or Crunchy**

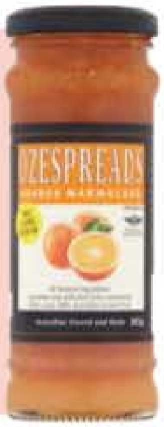
Available in Woolworths, from $5.

macro
Organic
HULLED TAHINI
macro
Organic
CRUNCHY Peanut Butter
macro
CASHEW SPREAD
macro
ALMOND, BRAZIL & CASHEW SPREAD

OZESPREADS

- **Strawberry Jam**
- **Sweet Fig Jam**
- **Orange Marmalade**

Available from Woolworths and select independents, $3.80.


OZESPREADS

ST DALFOUR

- **Fruit Spread range – all flavours**

Available from Woolworths, Coles, IGA, Drakes and Foodland, $4.50.

ST. DALFOUR
Passion Fruit & Mango

NATVIA

- **Fruit Spread with Chia Seeds range – all flavours**

Available in Woolworths, $6.

natvia
'MORE' BERRY
NO ADDED SUGAR
STRAWBERRY
DL loves

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

Snack attack

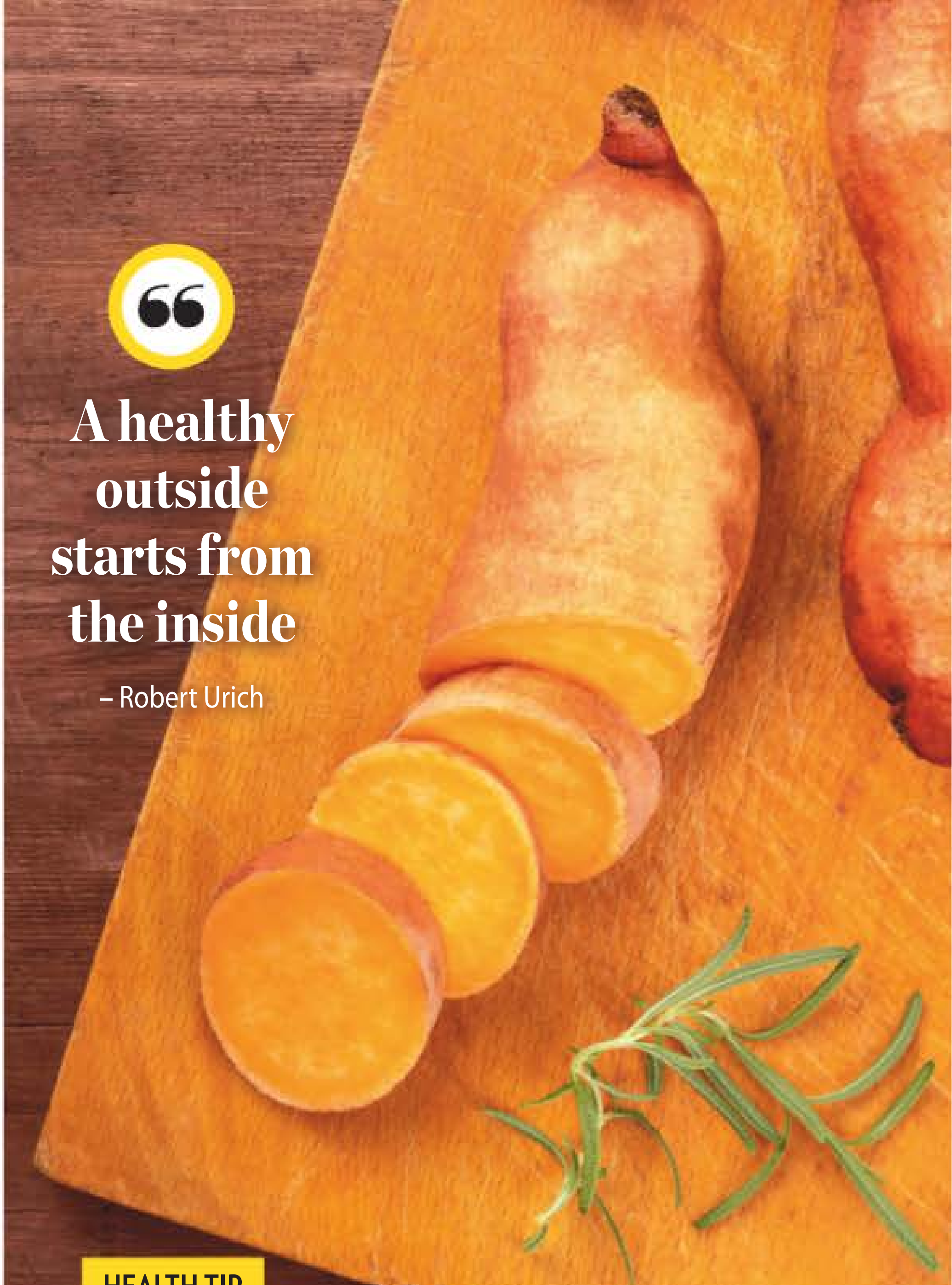
Grazing is good for you – just as long as you pick your snack foods wisely, says our food editor, *Alison Roberts*

SUPERMARKET CRUSH

Clean beans

Make sure you try out Edgell Snack Time, a range of bean snacks that taste great but are also good for you! Containing a combination of low GI carbs, plant-based proteins, healthy fats and fibre, they will give you a kick of nutrients and long-lasting energy. The range includes Chickpeas with Olive Oil & Sea Salt, with Olive Oil, Garlic & Rosemary, or with Zesty Vinaigrette; and Red Kidney Beans with Chilli & Olive Oil. Eat on their own as a snack or throw them in a salad (check out our tasty 60-second lunch). Available from Coles, Woolworths and independents, $1.30 each.

Edgell SNACK TIME CHICK PEAS WITH OLIVE OIL & SEA SALT
Edgell SNACK TIME RED KIDNEY BEANS WITH CHILLI & OLIVE OIL
Edgell SNACK TIME CHICK PEAS WITH OLIVE OIL, GARLIC & ROSEMARY
Edgell SNACK TIME CHICK PEAS WITH ZESTY VINAIGRETTE
DL loves



> A healthy outside starts from the inside
>
> – Robert Urich

HEALTH TIP

Golden crush

Sweet potato, also known as kumara or yam, is not actually related to potatoes and is one of the few vegies that can be used in both sweet and savoury dishes. The skin can be purple, orange or white, and sweet potatoes are available all year, with peak season between May and July. Store them in a cool, dark, well-ventilated place for up to two weeks.

The nutritional value of a sweet potato will vary according to the colour of its flesh. Orange-fleshed sweet potatoes are super rich in beta-carotene, which can be converted to Vitamin A in the body and is essential for eye health and vision. Cooking your sweet potato in a healthy oil (such as olive oil) will help your body better absorb the beta-carotene, which can also act as an antioxidant.

Prior to cooking, give sweet potatoes a good scrub and try to avoid peeling them. The peel and the layer just underneath the peel contain both dietary fibre and also vitamin C. The glycemic index of sweet potatoes varies depending on the variety and the cooking method. Orange-fleshed sweet potato tends to be of a lower GI and also slightly lower in carbs compared with white flesh (orange: 14g carbs/ 100g; white 19g carbs/ 100g).

SUPERMARKET CRUSH

Sprout out

Broccoli sprouts produced by Aussie Sprouts are vitamin-rich and bursting with nutrients. The natural antioxidants and active compounds found in these sprouts act to protect body cells from oxidative stress and damage, which may reduce the risk of some chronic diseases. Further, the vitamin A and C in these sprouts may also help to reduce some signs of ageing!

These Aussie-grown sprouts are great served on salads, sandwiches or wraps. They're available exclusively in Woolworths nationwide, $2.50.

AUSSIE SPROUTS
GREAT GREEN STUFF!
BROCCOLI SPROUTS

BLEND AWAY

Make your brekkie shake the night before, to have at home or on the go, with Sunbeam's NutriSeal Vacuum Blender. This blender features new vacuum seal technology to remove air and lock in vitamins – meaning it preserves up to 40 per cent more vitamins and stays fresh for 24 hours.

Available from electrical specialists and department stores, $399. For more information, visit sunbeam.com.au.

NUTRISEAL
Sunbeam

60 SECOND

LUNCH

Toss 50g **broccoli sprouts** with 1 x 70g can **Edgell Snack Time Chickpeas With Zesty Vinaigrette**, 10 halved **cherry tomatoes**, 100g shredded skinless cooked **chicken breast** and ½ cup bought grated **carrot**. Serve with 1 slice **wholemeal sourdough** bread. Serves 1.

PER SERVE 1650kJ, **protein** 41g, **total fat** 9g (sat. fat 2g), **carbs** 32g, **fibre** 10g, **sodium** 466mg • **Carb exchanges** 2 • **GI estimate** low

QUICK BREKKIE IDEAS

SCRAMBLED EGG & SPINACH WRAP

Top one low-GI, high-fibre wrap (we used a **Freedom Foods Barley+ whole grain barley wrap**) with 1 cup of **spinach leaves**. Whisk 2 x 60g **eggs** and 2 Tbsp light **milk**. Season with **pepper**. Scramble in a small non-stick frying pan in 1 tsp **light margarine** over medium heat. Spoon on top of **spinach** and drizzle over 1 Tbsp bought **pesto**. Top with a few chopped **cherry tomatoes**. Roll up and eat! Serves 1.

PER SERVE 1690kJ, **protein** 23g, **total fat** 23g LC (sat. fat 5g), **carbs** 18g, **fibre** 8g, **sodium** 684mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

PEARS WITH MUESLI AND YOGHURT

Slice 1 small ripe, unpeeled **pear** into thin wedges. Put ¾ cup **light Greek-style natural yoghurt** in a serving bowl. Top with the sliced **pears**. Sprinkle over 3 Tbsp **granola.** Drizzle with 1 tsp **honey** and a sprinkle of **cinnamon**. Serves 1.

PER SERVE 1690kJ, **protein** 18g, **total fat** 8g (sat. fat 3g), **carbs** 53g, **fibre** 13g, **sodium** 220mg • **Carb exchanges** 3½ • **GI estimate** low

PEACH AND COCONUT SMOOTHIE

Blend 1 cup sliced drained **peaches** in natural juice, 250ml (1 cup) **So Good Almond Coconut Unsweetened Milk**, 170g tub **Chobani Coconut Yoghurt**, 1 high-fibre **Weet-Bix Hi-Bran** and ½ cup **ice cubes**. Serves 1. ■

PER SERVE 1710kJ, **protein** 18g, **total fat** 10g (sat. fat 7g), **carbs** 53g, **fibre** 11g, **sodium** 204mg • **Carb exchanges** 3 • **GI estimate** low

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES
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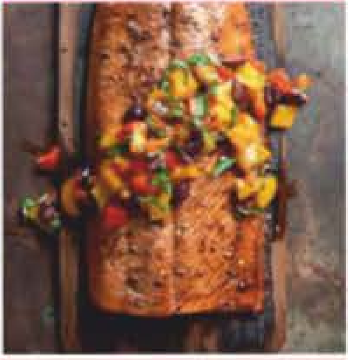
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H$_2$O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	1 slice soy & linseed toast topped with handful baby spinach and ½ cup warm baked beans	Pears with muesli and yoghurt (page 77)	2 slices soy & linseed toast topped with ½ small mashed avocado, 1 sliced tomato and 40g cheese	Peach and coconut smoothie (page 77)
Optional snack	Small skim cappuccino and 1 fresh date	30g unsalted nuts	1 piece fresh fruit	2 Vita-Weats with 20g cheese and sliced tomato
Lunch	Vegie okonomiyaki (page 60)	Beetroot, apple & broad bean tabbouleh (page 64)	Beetroot, cumin & coriander soup (page 50)	Lightly spiced carrot soup (page 56)
Optional snack	1 piece fresh fruit	Chilli cornbread (page 57)	175g tub diet yoghurt	30g unsalted nuts
Dinner	Honey-glazed pork and fennel (page 41) *Pictured above*	Chicken, kale, couscous and tomato soup (page 21) *Pictured above*	Chargrilled tomato, lamb and rocket salad (page 21) *Pictured above*	Steak with creamy dill sauce (page 18) *Pictured above*
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Coconut and orange soufflés (page 70)	½ cup fruit salad and ¾ cup diet yoghurt	Berry jelly mousse (page 72)	2 canned pear halves with ½ cup warm low-fat custard
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN) PHOTOGRAPHY GETTY IMAGES, ISTOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels		
Apricot & seed overnight chia (page 60)	Scrambled egg & spinach wrap (page 77)	1 cup fruit salad topped with 1 cup diet yoghurt and 20g slivered almonds
Chilli cornbread (page 57)	1 piece fresh fruit	½ apple sliced with 20g cheese
60-second lunch (page 77)	Sweet potato, coconut & lemongrass soup (page 48)	Beef gyros (page 30)
1 cup fruit salad	30g unsalted nuts	Crab & beetroot pâté (page 64)
Indian-style fish curry (page 22) ***Pictured above***	Spiced roasted cauliflower with hummus (page 22) ***Pictured above***	Salmon with grilled capsicum relish (page 46) ***Pictured above***
have a couple of alcohol-free days a week		
1 cup warm skim milk with 1 tsp Milo	½ cup warm mixed berries and ¾ cup diet yoghurt	Yoghurt and berry cheesecake (page 72)
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

Fabulous FISH

Fish is an excellent source of protein and provides an array of nutrients:

- **Iodine –** essential for supporting normal growth and metabolism.
- **Selenium –** an antioxidant and assists in regulating metabolism.
- **Zinc –** boosts immune health and wound healing.

Oily fish such as salmon, mackerel, tuna, sardines and herring are also a great source of omega-3 fatty acids, which have been shown to help reduce blood cholesterol levels and support heart and brain health.

Aim to eat fish, especially oily fish, at least twice a week to give your body a great kick of nutrients.

Fresh, frozen and canned fish are all excellent options. Prepare them with lower-fat methods such as steaming, grilling, barbecuing or shallow frying with a light spray of olive oil. Avoid deep fried/battered fish, fish cooked in butter or fish served with high fat or sodium (salt) sauces/marinades.

With canned fish, pick ones canned in spring water or olive oil. Avoid brine, which adds unnecessary sodium.

Try some of our delicious fish recipes:

- Indian-style fish curry, page 22
- Moroccan spiced fish with ginger mash, page 54
- Salmon with grilled capsicum relish, page 46
- Spaghetti with smoky tomato & seafood sauce, page 32
- Thai mackerel & sweet potato tray bake, page 61
- Tunisian roasted vegetables with tuna, page 31 ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

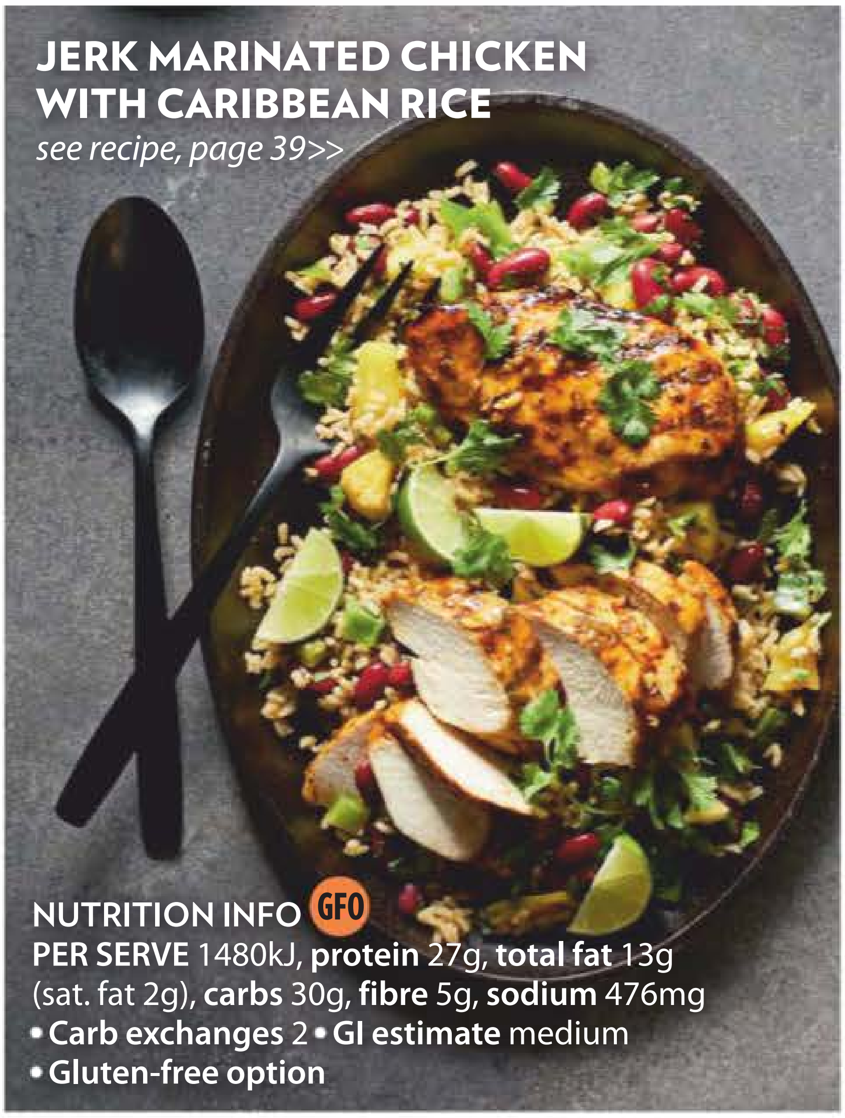
YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP



JERK MARINATED CHICKEN WITH CARIBBEAN RICE
see recipe, page 39>>

NUTRITION INFO GFO
PER SERVE 1480kJ, **protein** 27g, **total fat** 13g (sat. fat 2g), **carbs** 30g, **fibre** 5g, **sodium** 476mg
- **Carb exchanges** 2 • **GI estimate** medium
- **Gluten-free option**

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

People don't notice whether it's winter or summer when they're happy

– Anton Chekhov, Russian playwright

PHOTOGRAPHY GETTY IMAGES

A man on

When Dr James Muecke was named 2020 Australian of the Year in January, he put "waging a war on type 2 diabetes" firmly in his sights. We asked him why – and how he's going about it...

As an eye surgeon, Dr James Muecke knows first-hand the impact diabetes can have on a person's vision.

"Diabetes is the leading cause of blindness in working-age Australians," says Dr Muecke, the co-founder of Sight For All, a charity that raises funds to deliver eye-healthcare projects free of charge all around the world, and who was named 2020 Australian of the Year for his work in fighting blindness.

"Yet most diabetes-related blindness can be prevented or treated." And, in November 2019, when Dr Muecke was named South Australia's Australian of the Year for 2020, he decided to focus his efforts on doing just that. But then, when he took out the national award two months later, he decided to go one better.

"When I was recognised as Australian of the Year, an accolade I accepted on behalf of an enormous team effort, I thought, rather than simply trying to prevent the blindness caused by diabetes, what if we went one step further and focused on fighting diabetes itself?" he says.

So, when it comes to type 2 diabetes, that's exactly what he's trying to do.

A sweet solution?

According to Diabetes Australia, while there's no single cause of type 2 diabetes, and some people may be at a greater risk thanks to their genetics, the risk of

a *mission*

developing it is increased greatly by a number of modifiable lifestyle factors, including eating a poor-quality diet and carrying too much weight.

"In the majority of cases, type 2 has a dietary component," says Dr Muecke. "Certainly, we know from large, international, randomised controlled trials that lifestyle interventions can prevent at least 60 per cent of type 2 diabetes."

The intervention Dr Muecke is personally intent on tackling is sugar, or more accurately, doing what he can to eradicate as much of the added variety as possible from our diets.

"Increasing intake of cheap, highly processed foods, supplemented by an explosion in the consumption of sugar-sweetened beverages, and coupled with a more sedentary lifestyle, has been catastrophic for our health," he says. "Globally, we have seen a four-fold increase in type 2 diabetes since 1980."

Roughly one in two Australians aged older than two are consuming more added sugar than the World Health Organisation (WHO) says is healthy. As well as contributing to the weight gain that's a known risk factor for type 2 diabetes, consuming too much sugar has also been linked to the development of non-alcoholic fatty liver disease, which by itself increases the risk of type 2, irrespective of weight. ➤

Dr Muecke's ADVICE

While two thirds of people living with diabetes will develop some form of eye disease within 20 years of being diagnosed, 98 per cent of serious vision loss from diabetes can be avoided. Look after your eyesight with Dr Muecke's top tips.

1 BE AWARE OF THE RISK. "Unfortunately, many people living with diabetes still aren't aware of the complications it can cause and how life-changing those complications can be," he says. Fact: the most common diabetes-related eye disease results in permanent vision loss if it's left untreated.

2 HAVE YOUR EYES CHECKED REGULARLY. "More than one in two people with diabetes don't do this," says Dr Muecke. "Often, it's not until people start to notice changes in their vision that they do something about it, by which time disease can already be quite advanced. It's better to be proactive." As well as having an eye exam when you're first diagnosed, you should have them once every two years at a minimum.

3 LOOK AFTER YOUR DIABETES. Persistently high BGLs can increase the risk of eye problems by damaging the eyes' blood vessels. "Doing what you can to maintain good blood glucose control is important," he says.

Dr Muecke is fighting diabetes by taking on sugar!

ABOVE: Dr Muecke in theatre, mid-surgery. TOP RIGHT: Dr Muecke checking eyes during Sight For All's Childhood Blindness Study in 2018. BOTTOM RIGHT: Dr Muecke with one of Sight For All's fellows.

"Research shows that 75 per cent of all processed foods and beverages now contain added sugar, a substance that's been shown to be as addictive as nicotine," says Dr Muecke.

The taxing issue

Alongside meeting with the companies that run Australia's supermarkets, service stations and post offices to lobby for sweet products to be made less obvious and accessible, Dr Muecke would like to see a tax on products with high sugar content introduced in Australia. It's something the Australian Medical Association, the WHO and many other health organisations here and around the world are on board with, as a way to combat obesity.

It's a contentious topic and, in lieu of the tax, the Australian Beverages Council has committed to reduce its sugar use by 20 per cent by 2025.

Dr Muecke says it doesn't go far enough. "There is now evidence from elsewhere in the world that implementing a levy on sugary drinks genuinely works to reduce consumption," he says. "No 'one thing' is going to curb the nation's sugar intake or the growing incidence of obesity, but a tax on products with high sugar content, in combination with other key strategies, would be a great place to start." ■

WORDS KAREN FITTALL **PHOTOGRAPHY** SUPPLIED BY DR JAMES MUECKE, NADC/SALTY DINGO, SIGHT FOR ALL, GETTY IMAGES

PRICKLY BUSINESS

Checking your BGLs isn't fun, but it shouldn't ruin your day. These routine tweaks can make checks less of a chore

AVOIDING THE OUCH

Fingertips are densely packed with feeling receptors that send pain signals to the brain. Use the side of your finger, which has fewer nerve endings than the pad.

WORDS LARISSA ZIMBEROFF **PHOTOGRAPHY** GETTY IMAGES

Warm your hands The worst thing that happens when you prick your finger is that not enough blood comes out. Increase the flow to your fingers by washing your hands in warm water first. Don't have a sink nearby? Rub your palms back and forth together.

Wipe and wait If you use alcohol pads to clean your fingers before checking, give the alcohol time to evaporate. "That will reduce stinging," says *Diabetic Living USA* advisor Marty Irons, certified diabetes educator.

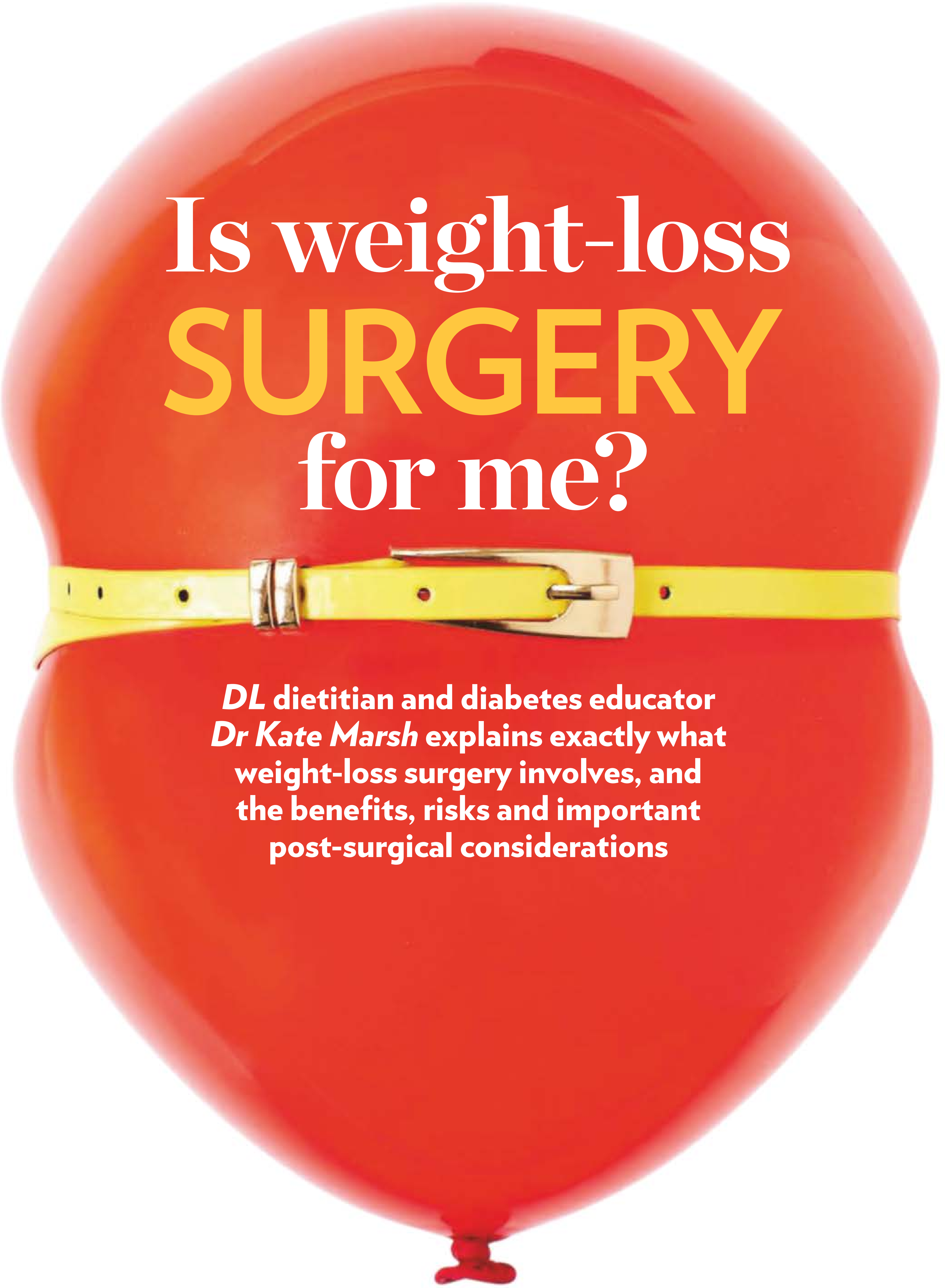
Start the flow Hang your hand down by your side for a few seconds before sticking your finger to increase blood flow. (Or shake it out by wiggling your hands back and forth.)

Switch it up Devise a routine so you don't favour one finger – or one hand. Start with your left thumb and move one finger to the left each time you check.

Try a new lancet Lancets dull after a few pokes, which means it takes more force to prick the skin (bringing more pain). To prevent this, choose lancets with a very fine needle. Irons recommends the OneTouch Delica. "It has less vibration, so it's less painful than most generic devices," he says.

Change the settings How low can you go? Set the lancing device depth to the lowest number possible that will still draw blood. ■

Is weight-loss SURGERY for me?



***DL* dietitian and diabetes educator *Dr Kate Marsh* explains exactly what weight-loss surgery involves, and the benefits, risks and important post-surgical considerations**

You know that carrying excess weight is a risk factor for type 2 diabetes, and that losing weight can help to manage your diabetes. You've put some lifestyle changes in place to help with preventing or managing diabetes, but are still struggling to lose those excess kilos. Could weight-loss surgery be an option?

BENEFITS FOR PEOPLE WITH DIABETES

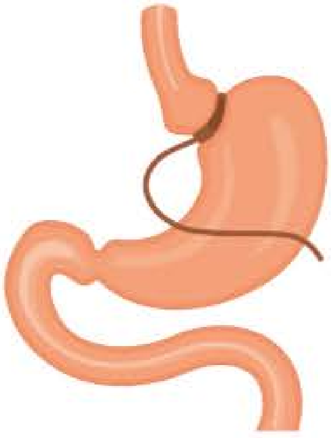
In 2016, international guidelines on weight-loss surgery for type 2 diabetes were published and endorsed by 45 worldwide medical and scientific societies, including the Australian Diabetes Society. The guidelines support the inclusion of weight-loss surgery among treatment interventions for people with type 2 diabetes who are carrying excess weight.

The guidelines recommend weight-loss surgery for treatment of type 2 diabetes in those with a body mass index (BMI) ≥ 40 kg/m^2, regardless of their blood glucose levels and diabetes medication needs. Surgery is also recommended for those with a BMI of 35-39.9 kg/m^2 whose blood glucose levels remain high despite lifestyle changes and optimal medical therapy. For those with a BMI of 30-34.9 kg/m^2 whose blood glucose levels remain high despite optimal medical treatment, it is recommended that surgery is considered as a treatment option.

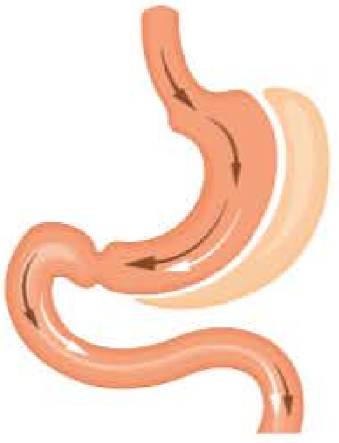
> “Surgery reduces medication and, in some cases, may result in remission

3 MAIN SURGERIES

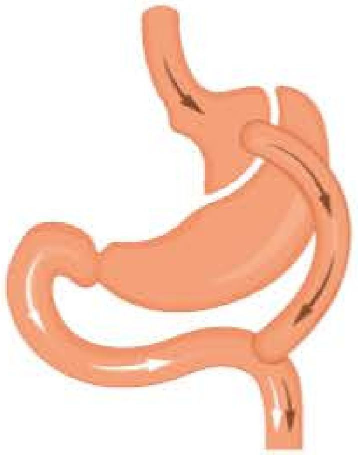
There are three main types of weight-loss surgery performed in Australia – gastric banding, gastric sleeve surgery and gastric bypass surgery.



Gastric banding



Gastric sleeve surgery



Gastric bypass surgery

These recommendations were made based on a growing body of evidence showing that weight-loss surgery can improve blood glucose levels and reduce cardiovascular risk factors in people with type 2 diabetes. Surgery frequently reduces medications and, in some cases, may result in remission.

However, the guidelines point out that most of the research to date is short- to mid-term and additional studies are needed to demonstrate long-term benefits. This is important, as a number of studies have shown that in those who had initial remission of their diabetes, many people had re-developed diabetes within five years. People with higher blood glucose levels prior to surgery, those who were using insulin or two or more oral diabetes medications, and those who had a longer duration of diabetes were more likely to experience a relapse.

WEIGHT-LOSS SURGERY EXPLAINED

There are three main types of weight-loss surgery performed in Australia – gastric banding, gastric sleeve and gastric bypass surgery.

- **GASTRIC BANDING** involves placing an adjustable silicone band around the top of the stomach by keyhole surgery. An access port is also placed under the skin and connected to the band by a tube into which saline is injected to tighten the band over time. The band works by reducing the amount of food you need to feel full and preventing you from overeating.

The advantage of gastric banding is that it doesn't require major surgery, recovery time is shorter and it is reversible (the band can be removed). ➤

However, it requires major changes to your eating – you will need to eat much smaller amounts, eat slowly and chew food well. Some foods may no longer be tolerated. Overeating, eating too quickly or eating foods that are not well tolerated could result in regurgitation or food getting stuck and the surgery can make symptoms of reflux worse.

There are also risks, including slippage of the band, disconnection of the tubing between the band and the port, and erosion of the band into the stomach, all of which require repeat surgery.

- **GASTRIC SLEEVE SURGERY,** also called sleeve gastrectomy, involves permanent removal of a portion of stomach. This reduces the capacity of your stomach by about 80 per cent and also reduces levels of appetite hormones, which helps to reduce hunger. Following this surgery, you need to change your eating habits to include small frequent meals across the day and be careful to stop eating as soon as you feel full.

It is very effective for weight loss and has a lower risk of nutritional deficiencies compared with gastric bypass surgery.

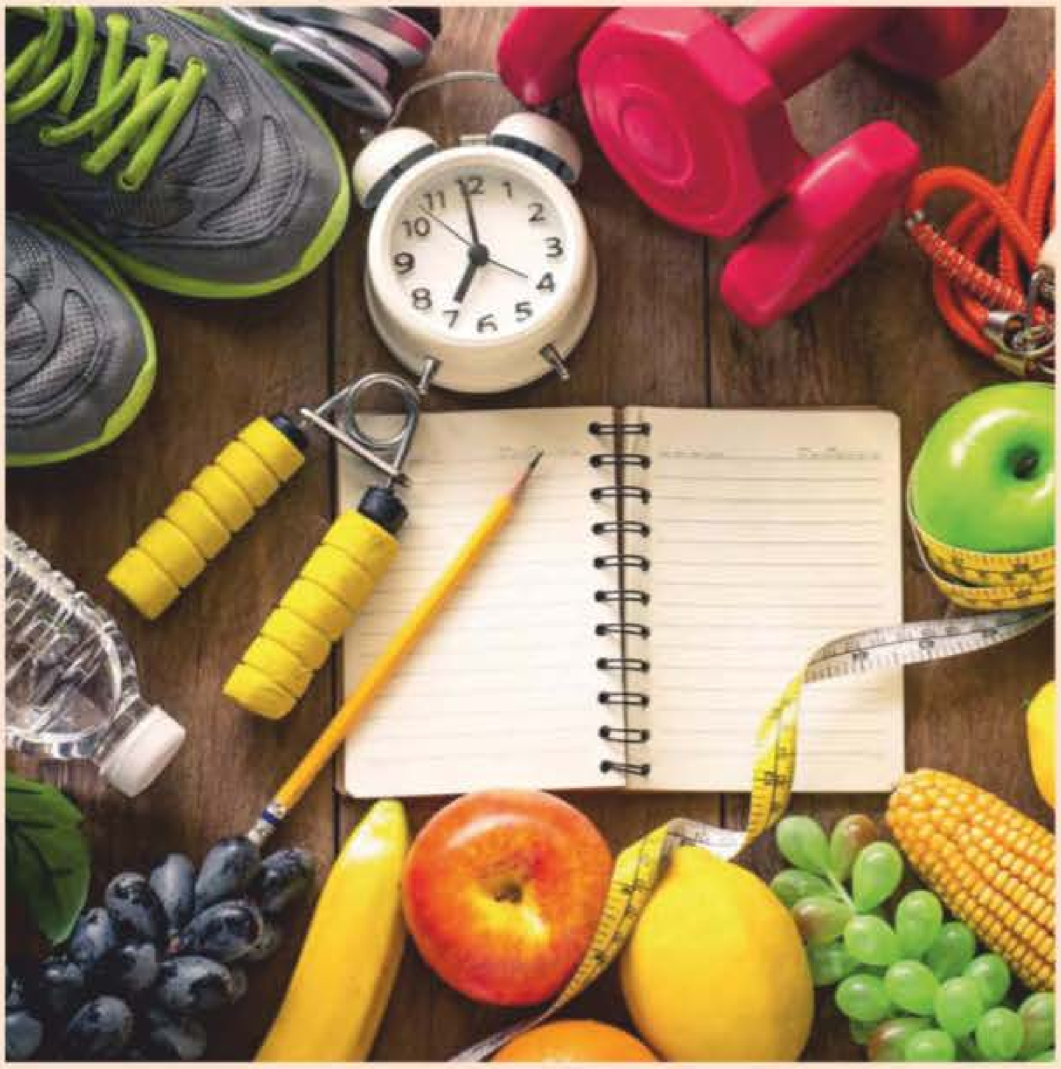
However, there is a risk of infection if gastric fluid leaks through the staple line (this can be serious so needs careful post-op monitoring) and it can worsen reflux symptoms. Gastric sleeve surgery isn't reversible.

- **GASTRIC BYPASS SURGERY,** also known as Roux-en-Y, involves creating a small stomach pouch (to reduce the volume of the stomach), which is then joined to part of the small intestine (called the jejunum). The food you eat then bypasses most of your stomach and the first section of your small intestine that normally absorbs food. Gastric bypass surgery usually leads to more weight loss than other types of surgery and is more likely to lead to remission of diabetes. It is also reversible.

However, there is a high risk of developing nutritional deficiencies due to malabsorption, which requires ongoing nutritional supplements. The surgery can also result in a condition called 'dumping syndrome', where undigested food moves too rapidly into the small intestine and causes symptoms such as abdominal pain,

DIABETES AUSTRALIA RECOMMENDS

Diabetes Australia released a position statement on weight-loss surgery in 2011, in which they recommend surgery as a treatment option for people with type 2 diabetes with a BMI over 35, where lifestyle interventions and medical treatments have not been successful. They also say that surgery could be considered for diabetes prevention in adults with a BMI over 40, or over 35 with obesity-related medical conditions, who have been unable to successfully maintain weight loss with lifestyle interventions and medical treatments. However, they emphasise, in both cases, that **healthy eating and physical activity** should be the initial approach to weight loss.



WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

diarrhoea, nausea, flushing, palpitations, sweating and feeling faint after meals. This can be managed by following the right eating plan, including having small regular meals.

Similar to gastric sleeve surgery, it also carries a risk of infection if gastric fluid leaks through the staple line.

SURGERY RISKS

As discussed above, there are a number of risks involved with weight-loss surgery. These can be the general risks related to having surgery, such as the risk of bleeding, infection, blood clots and problems with the anaesthetic, or can be specific risks related to the type of surgery.

Other risks with all types of weight-loss surgery can include ongoing digestive problems and nutritional deficiencies, including an increased chance of osteoporosis. These risks can be reduced by having the right eating plan and nutritional supplementation, ongoing support and follow-up, and regular monitoring of health and nutritional markers. This should be an important consideration when choosing a surgeon and clinic.

WHAT DOES IT COST?

There is limited access to weight-loss surgery in the public health system in Australia, so most surgery is conducted in private hospitals. Medicare will cover part of the costs and, if you have private health cover, it will usually cover your hospital fees. However, like many other surgical procedures, you will also have to pay a gap, which will vary depending on the surgeon you choose and your level of health insurance cover.

LIFESTYLE HABITS STILL MATTER

Weight-loss surgery isn't an alternative to lifestyle changes, which are still an essential part of successfully losing and maintaining weight after surgery. You will need to make permanent changes to the way you eat, including the quantity, frequency and types of foods you eat. Even if the surgery itself doesn't affect nutrient absorption, when you are only eating small amounts of food, there is a real risk of deficiencies in some nutrients if your diet is not well planned. Seeking the help of a dietitian experienced in this area is essential – they can help you to develop an eating plan that maximises the nutrient density of your diet while taking into account any restrictions or eating difficulties you may have following surgery.

However, people with diabetes may have more to gain from weight-loss surgery, including reductions in their medication needs and possible remission of their diabetes.

THE VERDICT

Far from a miracle cure, weight-loss surgery is a major commitment, which can impact both positively and negatively on your nutrition, health and lifestyle. It is generally only recommended in those who are carrying significant amounts of excess weight and who have been unable to lose weight despite lifestyle changes. ■

BARIATRIC SURGERY

statistics in Australia

- **In 2018-19** there were 27,857 hospital admissions for weight-loss surgery.
- **The mean BMI** of those undergoing initial surgery is 42.6.
- **The most common** surgery performed in 2018-19 was the sleeve gastrectomy, making up 70 per cent of total surgeries.
- **The majority** (about 79 per cent) of these surgeries are performed on women.
- **The majority** of weight-loss surgery is done in private hospitals.
- **Approximately** 70-80 per cent of surgeries in 2018-19 were an initial procedure; the remainder were adjustments, revisions or removals.

The dawn phenomenon

How in the world can your blood glucose climb during the night when you're not eating a thing? Before blaming the carbs in last night's dinner, consider these other common culprits

1

EARLY MORNING HORMONES

As you sleep, while your body is fasting, your liver is the primary driver of your blood glucose levels, says Gary Scheiner, certified diabetes educator and author of *Think Like a Pancreas*. All night long, the liver releases sugar to provide the brain and nervous system with energy. In the early hours of the morning, a series of hormones that boost energy and alertness send additional sugar into the blood to ready you for a new day. This rise from hormones is called the dawn phenomenon. But people with insulin resistance or too little insulin (or both) may have trouble dealing with this sugar surge, leading to high morning blood glucose levels, explains Scheiner.

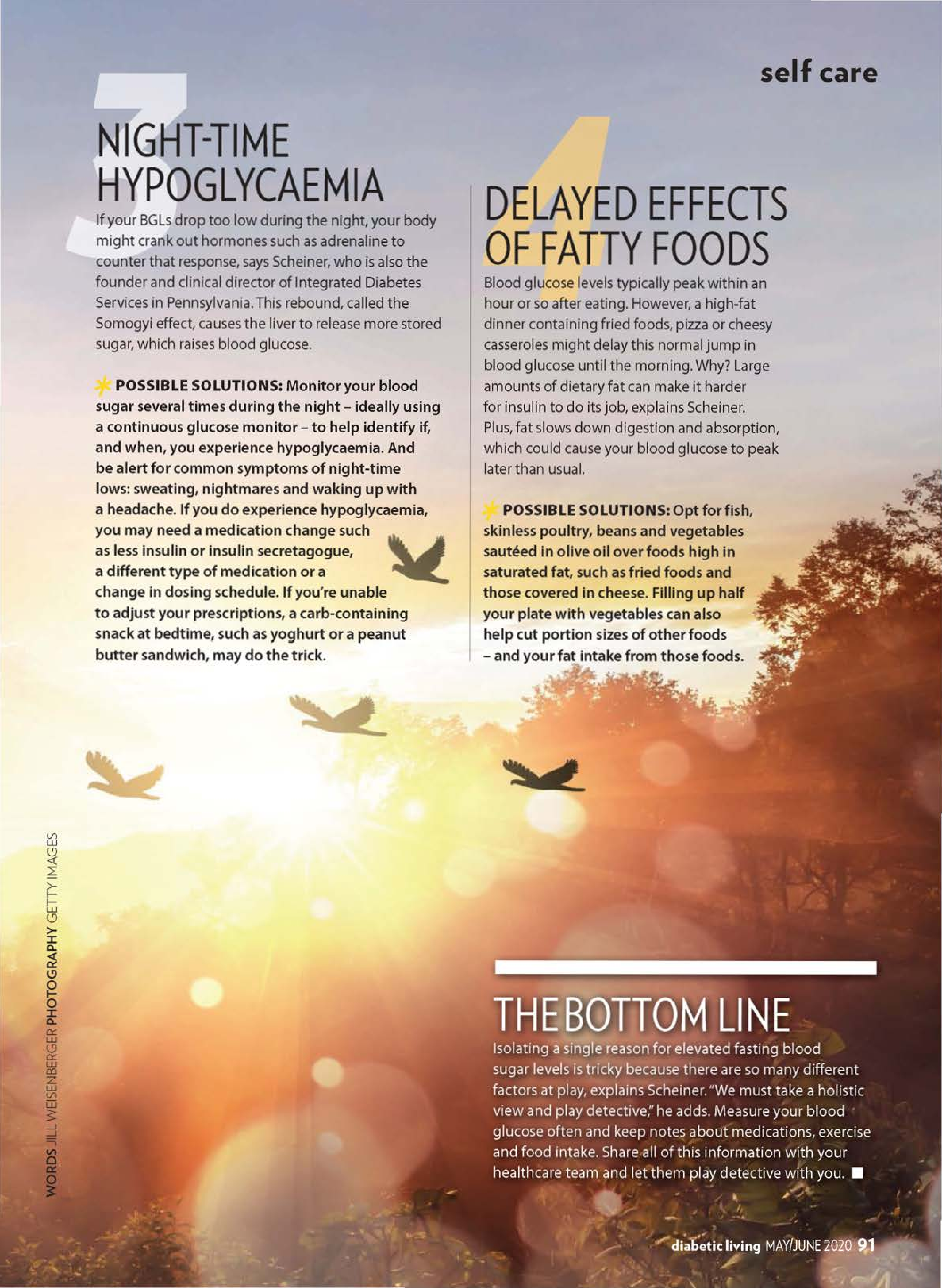
POSSIBLE SOLUTIONS: Consider your medications. If you take insulin, you may need additional basal insulin at night to keep sugar stored in the liver when it's not needed elsewhere. (Basal insulin covers your insulin needs around the clock, including while you sleep.) If you have type 2 and take medication other than insulin, you may need a greater dose of that med or an additional medication. Some drugs – such as metformin – reduce insulin resistance and also stop the liver releasing excess sugar.

2

A MISSED WORKOUT

Being physically active boosts insulin sensitivity, allowing your body to use insulin more efficiently for up to 48 hours post-workout. When you exercise regularly, your body naturally stays more sensitive to insulin, but if you miss your regular workout you might see a jump in your usual blood glucose levels. This can happen in the morning (but could also happen at any time of day).

POSSIBLE SOLUTIONS: Find an exercise routine that you like and can stick to. To avoid missed days, planning ahead can help: take a look at the week ahead to anticipate when you might miss a workout, and how you can still fit one in. Even carving out a few minutes to be active may help prevent you from waking up to high numbers.



3

NIGHT-TIME HYPOGLYCAEMIA

If your BGLs drop too low during the night, your body might crank out hormones such as adrenaline to counter that response, says Scheiner, who is also the founder and clinical director of Integrated Diabetes Services in Pennsylvania. This rebound, called the Somogyi effect, causes the liver to release more stored sugar, which raises blood glucose.

POSSIBLE SOLUTIONS: Monitor your blood sugar several times during the night – ideally using a continuous glucose monitor – to help identify if, and when, you experience hypoglycaemia. And be alert for common symptoms of night-time lows: sweating, nightmares and waking up with a headache. If you do experience hypoglycaemia, you may need a medication change such as less insulin or insulin secretagogue, a different type of medication or a change in dosing schedule. If you're unable to adjust your prescriptions, a carb-containing snack at bedtime, such as yoghurt or a peanut butter sandwich, may do the trick.

4

DELAYED EFFECTS OF FATTY FOODS

Blood glucose levels typically peak within an hour or so after eating. However, a high-fat dinner containing fried foods, pizza or cheesy casseroles might delay this normal jump in blood glucose until the morning. Why? Large amounts of dietary fat can make it harder for insulin to do its job, explains Scheiner. Plus, fat slows down digestion and absorption, which could cause your blood glucose to peak later than usual.

POSSIBLE SOLUTIONS: Opt for fish, skinless poultry, beans and vegetables sautéed in olive oil over foods high in saturated fat, such as fried foods and those covered in cheese. Filling up half your plate with vegetables can also help cut portion sizes of other foods – and your fat intake from those foods.

THE BOTTOM LINE

Isolating a single reason for elevated fasting blood sugar levels is tricky because there are so many different factors at play, explains Scheiner. "We must take a holistic view and play detective," he adds. Measure your blood glucose often and keep notes about medications, exercise and food intake. Share all of this information with your healthcare team and let them play detective with you. ■

WORDS JILL WEISENBERGER **PHOTOGRAPHY** GETTY IMAGES

Understanding FOOD LABELS

With an increasing number of food products appearing on the supermarket shelves each week, and many of them covered in nutrition 'claims', shopping for a healthy diet isn't always easy. But by understanding what to look for, selecting the right foods for your diabetes-friendly eating plan doesn't have to be mission impossible.

Check the ingredients

The ingredient list is an often overlooked but important part of a food label. It lists each of the ingredients in the product, in descending order of quantity. The ingredient list can help you to identify the source of various nutrients in the product. For example, is the sugar content coming from the natural sugars in fruit or dairy, or from added sugars? An important tip: if the ingredient list is full of things you don't recognise as food, leave it on the shelf!

Fill up on fresh produce

The first tip when shopping is that most of your trolley should be filled with foods that don't carry a label. That's right – fresh fruit and vegetables. While we know they are good for us, most of us don't eat enough. In fact, the 2017-2018 Australian Health Survey found only 5.4 per cent of adults are eating the recommended daily servings of both fruit and vegetables. Adults should be aiming to consume five serves of vegetables and two serves of fruit each day. So, try to ensure these make up the bulk of your shopping basket and you'll have less labels to read!

Serving size

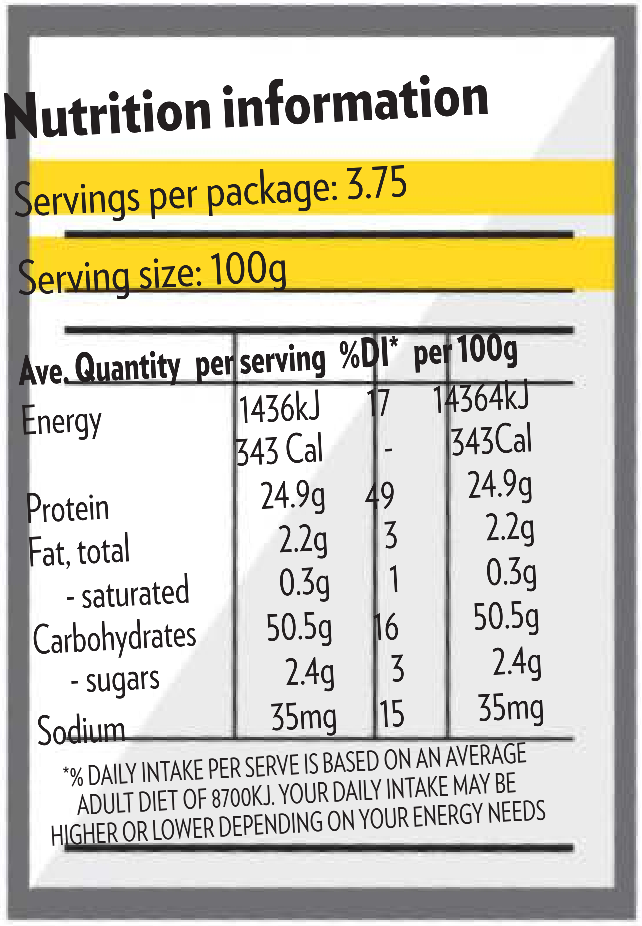
The nutrition information panel provides nutrient details across both per serve and per 100g. The serving size is specified by the manufacturer, but it is important to check whether this is the amount you actually eat. When comparing products, it is best to use the figures in the 'per 100g' column so you are always comparing the same amount.

However, if you want to know the amount of a certain nutrient in a serve of the food – for example the grams of carbohydrate – then the per serve column is where you need to look. ➤

Nutrition labels can be confusing. *DL* dietitian *Dr Kate Marsh* explains how to read the fine print

Energy

The energy value on a food product measures the number of calories or kilojoules in a food. Your energy needs will depend on a number of factors, including your age, gender, activity levels and whether you are trying to lose, maintain or gain weight. Knowing your energy needs can help you to work out how a particular food fits into your daily eating plan. Your dietitian can help you to determine your individual energy needs.



Nutrition information

Servings per package: 3.75

Serving size: 100g

Ave. Quantity	per serving	%DI*	per 100g
Energy	1436kJ 343 Cal	17 -	14364kJ 343Cal
Protein	24.9g	49	24.9g
Fat, total	2.2g	3	2.2g
- saturated	0.3g	1	0.3g
Carbohydrates	50.5g	16	50.5g
- sugars	2.4g	3	2.4g
Sodium	35mg	15	35mg

*% DAILY INTAKE PER SERVE IS BASED ON AN AVERAGE ADULT DIET OF 8700KJ. YOUR DAILY INTAKE MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS

Fat

When it comes to fat, it's important to avoid foods high in saturated and trans fats as these worsen insulin resistance (the underlying problem in type 2 diabetes) and increase the risk of heart disease. Instead, choose foods containing mostly monounsaturated and polyunsaturated fats. These healthier fats are found in foods such as avocado, nuts, seeds, olives and olive oil. When looking at the nutrition panel on a food label, a food must have 3g/100g or less of total fat to be labelled 'low fat' and 1.5g/100g or less of saturated fat to be labelled 'low saturated fat'. Regardless of the fat content, try to choose foods where saturated fat makes up only a small proportion of the total fat.

> ***Most of us are eating more protein than we need***

Carbohydrate

The value for carbohydrate on a food label tells you the total amount of carbs from both starches and sugars. When you have diabetes, understanding the carb content of foods can help with managing your blood glucose levels. If you take insulin, it's important to match your insulin to carbohydrate intake, either by adjusting your insulin doses according to the carbs you eat, or by eating a similar amount of carbs from

Sugars

When you have diabetes, there are a few important things to know about the value for 'sugars' in the nutrition panel. Firstly, it's not just the 'sugars' in a food that affect blood glucose levels. Instead, it's the total amount of carbs, including both sugars and starches, and the speed at which those carbs are digested and absorbed into the bloodstream (the GI of the food). Secondly, the sugar value on a food label doesn't only refer to added sugar, it also includes naturally occurring sugars such as the lactose in milk products and fructose in fruit. This means that dairy foods such as milk and yoghurt (even the unsweetened variety), and foods containing fruit or dried fruit, may appear to be high in sugar, but this is from the natural sugars these foods contain, rather than added sugar. It's therefore important to look at the sugar content of a food alongside the ingredient list, so you can work out the source of sugar in the product in question. Finally, foods high in sugar don't necessarily cause a rapid spike in blood glucose levels. In fact, natural fruit and milk sugars have a much lower GI than many processed starchy foods, so they don't raise blood glucose levels as quickly.

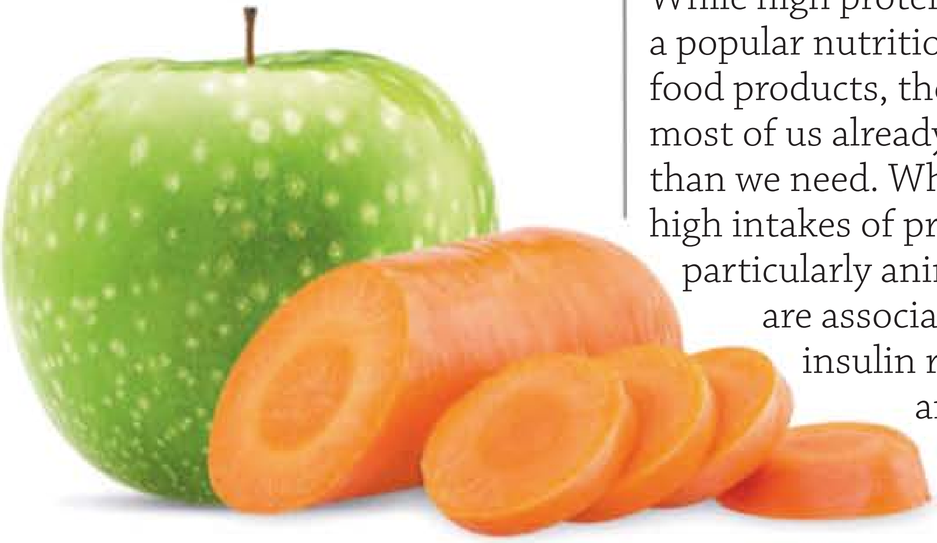
WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

day to day if you are taking fixed doses of insulin. If you don't take insulin, spreading carbohydrate intake over the day and eating similar amounts from day to day usually helps with managing blood glucose levels. However, it's important to speak with your dietitian about your individual carbohydrate needs and how to balance carbs with your insulin or medication. The type of carbs you choose are also important for blood glucose management. The best choices are those which are nutrient-dense, high in fibre and which have a low glycemic index (GI).

Dietary fibre

Adults should consume at least 25-30g of dietary fibre each day, yet research shows we are only getting about half of this amount, mainly because we don't eat enough fruit, vegetables and wholegrains. Fibre can help with blood glucose and weight management, lowering cholesterol and digestive health. There's also evidence eating more high-fibre foods results in changes in gut bacteria, which may reduce the risk of type 2.

So, when choosing foods such as breads, cereals, crackers, rice and pasta, compare products and go for those with a higher fibre content. Products containing more than 3g of fibre per serve are considered high fibre. A medium carrot, large apple or 50g of raw oats each provides about 5g of fibre.



Protein

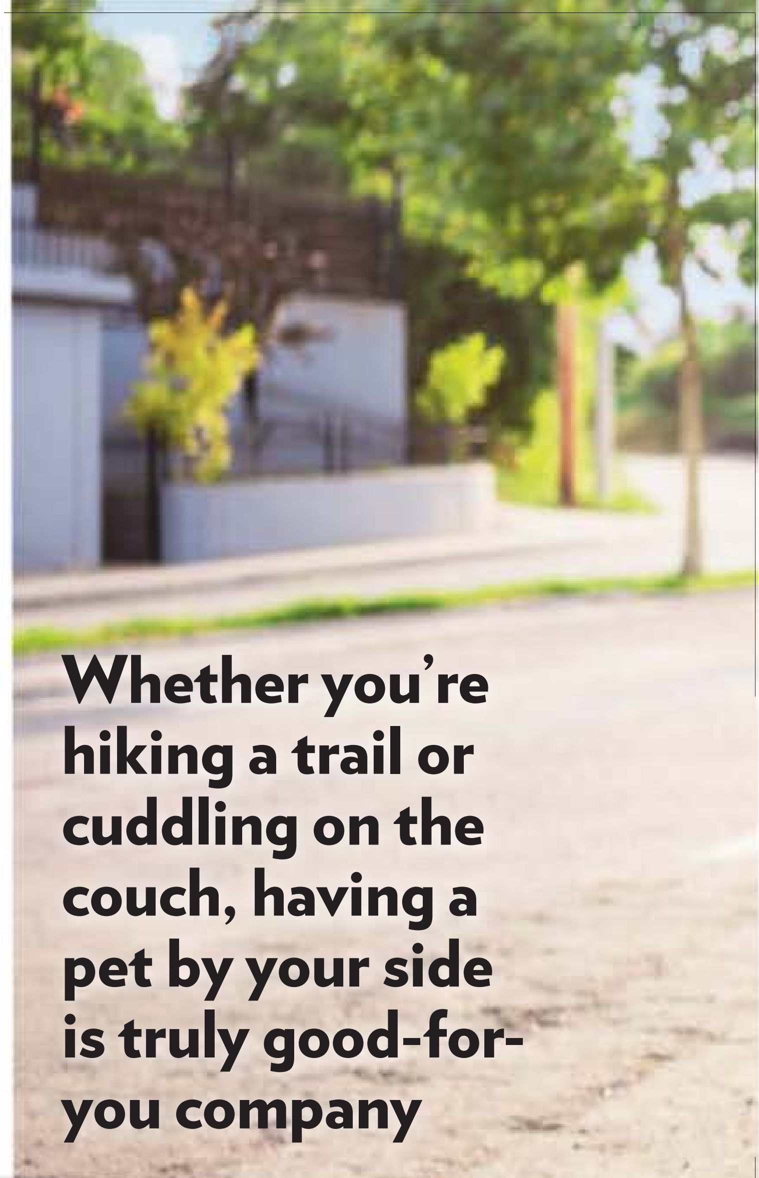
While high protein has become a popular nutrition claim on food products, the truth is that most of us already eat more than we need. What's more, high intakes of protein, particularly animal protein, are associated with insulin resistance and an increased risk of type 2 and heart disease. More isn't better when it comes to this nutrient.

The amount of protein you need each day will depend on a number of factors, including your age, gender and activity levels, however, the average female needs about 46g per day and the average male 64g per day. As an example, a 100g lean steak, 150g chicken breast or 150g of hard tofu each provides about 20g protein. If you are consuming enough energy to meet your needs, and a wide variety of foods, it's easy to consume these amounts and there's no need for special high-protein foods, including bars, powders and shakes.

Sodium

Eating too much salt, or sodium, can lead to high blood pressure and increase the risk of heart and kidney disease, both of which are more common in people with diabetes. It's best to aim for no more than 2300mg per day and even less (1600mg/day) if you have high blood pressure. While not adding salt to your meals or cooking is a good start, most of the sodium in our diet comes from processed foods, so always check the sodium content when shopping and try to choose products with the lowest sodium. Foods must have less than 120mg of sodium per 100g to be labelled low sodium. ■

Heeling POWER



Whether you're hiking a trail or cuddling on the couch, having a pet by your side is truly good-for-you company

Zooeyia isn't the name of the newest social media influencer or a celebrity. Pronounced 'zoo-AY-uh', it's the notion that pets are beneficial for human health – and it has plenty of proof to bark it up.

A University of Maryland School of Nursing study found that heart-attack survivors who owned pets tended to live longer than those without furry (or finned, scaled or feathered) friends. Several other studies suggest the simple act of stroking a dog or cat can lower blood pressure and cholesterol. Pet owners may even visit the doctor less frequently than their pet-free peers.

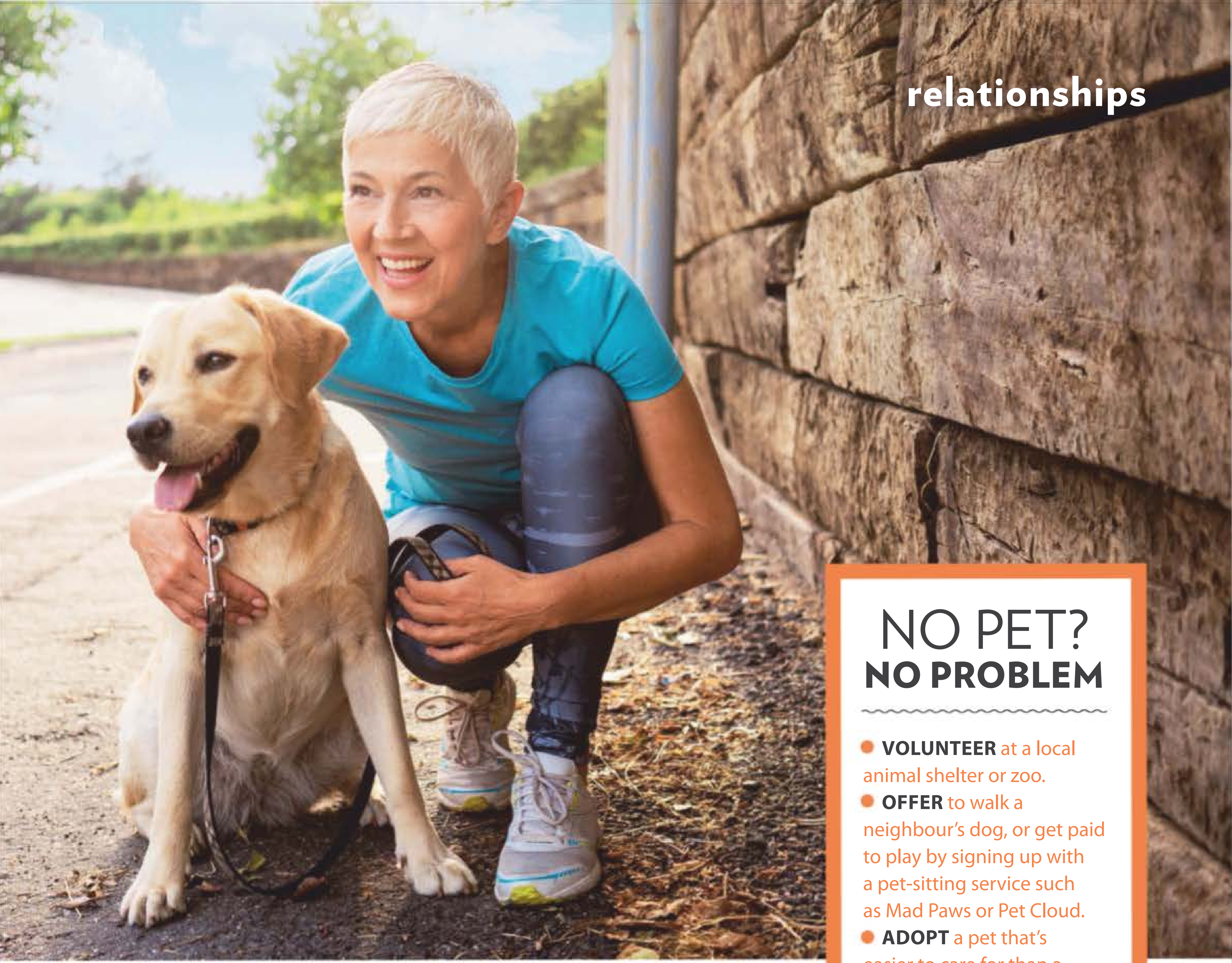
Palling around with a pug, cuddling a kitty or taking care of a turtle helps us stay active, engaged and less stressed – all things that are important in diabetes management and in reducing the risk of complications such as heart disease. Read on for four pawsitively healthy, science-backed reasons.

They keep you company

"Pets provide social support, making people feel less lonely and more valued," says Erika Friedmann, lead author of the University of Maryland study. The social support pets offer is different from the support we get from human friends. "In a way, it's more dependable; it's non-judgemental," says Friedmann. That unconditional love can help reduce loneliness, which has been linked with greater cognitive decline, earlier death and additional stress, which in turn may increase the risk of chronic disease.

They motivate you to lead a healthy lifestyle

Meatball isn't going to walk himself, is he? Owning a pet often means you'll need to move more, whether it's hauling home large bags of cat litter or chasing down the guinea pig your child accidentally let out of its cage. Two studies in a review done by the American Heart Association found that dog owners who walk



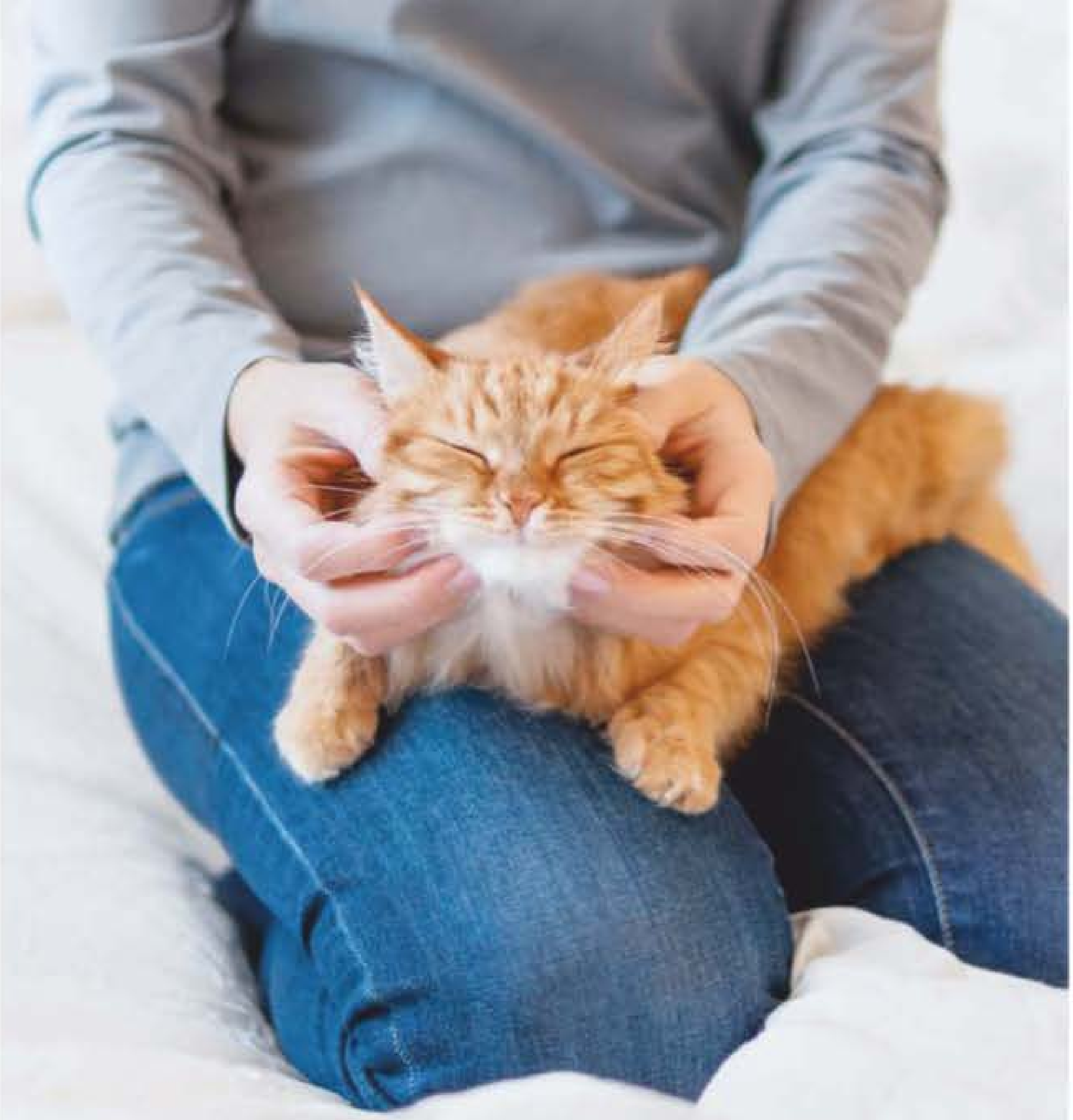
their pooches are more likely to hit the recommended 150 minutes a week of moderate-intensity aerobic activity than people who don't have a dog to walk. Moving more is important for blood glucose management and has been linked with slowing or delaying the progression of chronic diseases such as hypertension – this may be one reason having a dog is linked with reduced heart-disease risk.

Besides being an impetus for exercise, pets can help keep their owners on a healthy schedule, including eating regular meals and taking medication. They can also provide a sense of purpose, or at least make you smile. "They give you a reason to get up, and that improves self-worth," says Friedmann. As Megan Hosey, an assistant professor of physical medicine and rehabilitation at the Johns Hopkins School of Medicine, puts it, "Pets are a metaphorical carrot for getting out of bed."

When taking care of a pet, "you feel responsible for something else," says Friedmann, which can translate into taking better care of yourself. In fact, our bodies release prolactin in the presence of animals, a hormone known as the 'parenting hormone' because it can cause us to feel nurturing. Pets can also provide motivation for recovering from an illness or injury. "A dog sitting in a patient's lap eases suffering and builds motivation in ways that medical interventions may ➤

NO PET? NO PROBLEM

- **VOLUNTEER** at a local animal shelter or zoo.
- **OFFER** to walk a neighbour's dog, or get paid to play by signing up with a pet-sitting service such as Mad Paws or Pet Cloud.
- **ADOPT** a pet that's easier to care for than a cat or dog, such as a fish, bunny, guinea pig or bird.
- **LEARN** to horse ride.
- **JOIN** a puppy-owning friend for a trip to the dog park.
- **FOSTER** a pet. You'll reduce the time a kitty or pup has to stay in a shelter, give it much-needed love and help prepare it for adoption. (It might not even cost you anything.) Visit rspca.org.au for more info.
- **VISIT** meetup.com to look for local pet-friendly gatherings. Some fun examples include: visiting a dog park for dog lovers, or enjoy lunch at a cat cafe.



Pets give you a reason to get up and that improves self-worth

not," says Hosey. "We've seen hospital patients whose main motivation for getting better was to go home and see their dog, cat or even llama, in one case."

They chill you out

In one fascinating study, researchers measured the blood pressure of 480 married individuals – half of whom owned pets – as they performed a timed mental arithmetic task. Heart rate and blood pressure spiked for all the math-doing participants, whether they were alone, with a spouse or with a pet. But those who calculated with a pet for company saw smaller rises in heart rate and blood pressure and returned to baseline more quickly.

"When we look at a pet with whom we're bonded, there's a flood of [the feel-good chemical] oxytocin to the brain, so we feel happy, and a decrease in the stress hormone cortisol," says Rebecca Johnson, nurse, University of Missouri professor, director of the Research Centre for Human-Animal Interaction and author of *Walk a Hound, Lose a Pound*. These hormone changes cause our heart rate and blood pressure to drop in a beneficial way, she says.

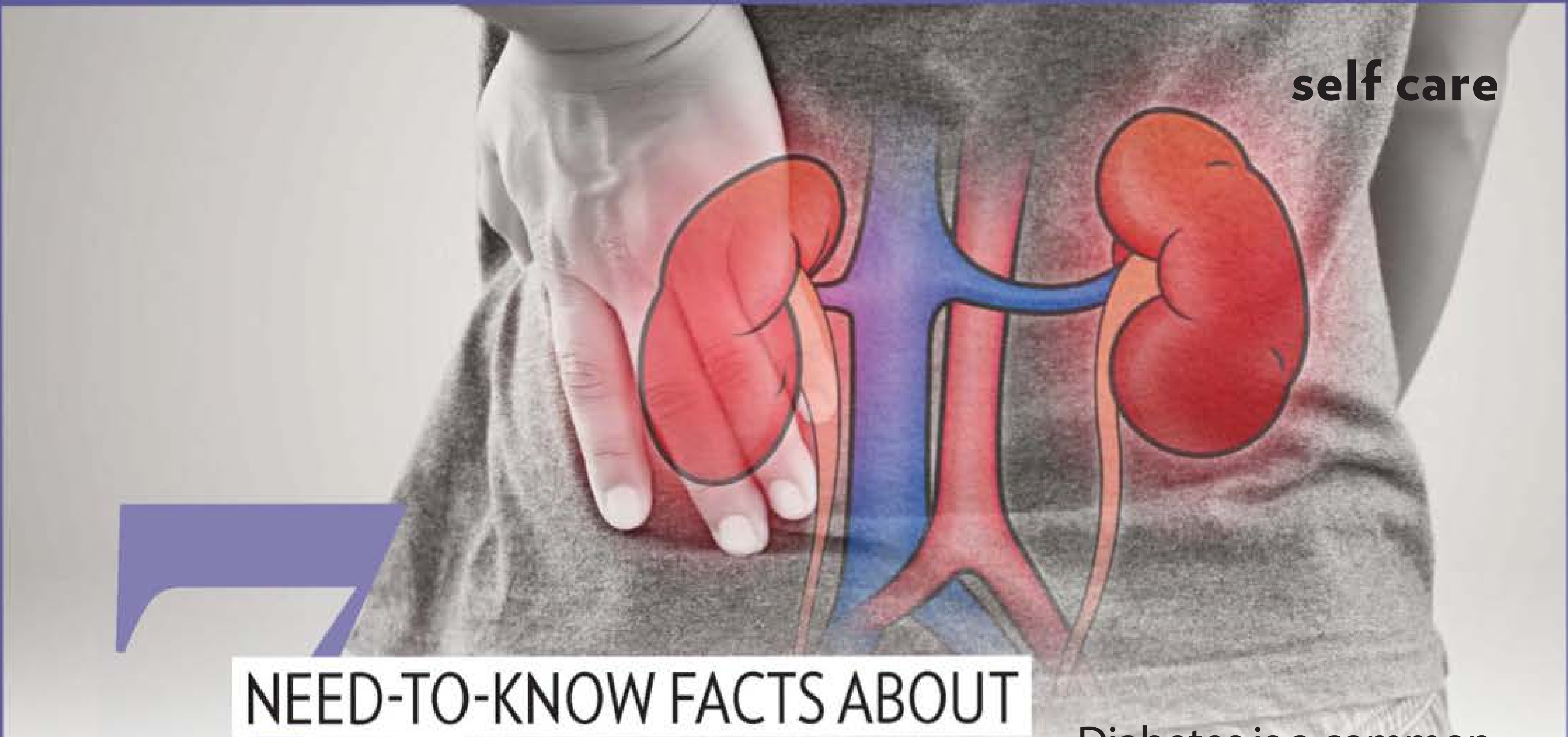
That's one reason critically ill patients at the Johns Hopkins Medical Intensive Care Unit in Baltimore receive visits from trained therapy dogs as part of the on-site Pet Partners program, and Cornell Companions, from Cornell University's College of Veterinary Medicine, dispatches volunteers and their pets to visit hospital patients, children with disabilities and nursing home residents. It's worth noting that a pet needn't be cuddly to elicit a calming effect. In an Israeli study, participants were asked to pat a live turtle, live rabbit, toy turtle or toy rabbit while undergoing a stressful situation (in this case, being shown a tarantula and told they might be asked to hold it).

Patting a living creature, even one with a hard shell, reduced anxiety, an effect not seen when patting a toy.

They can sniff out low blood glucose

Specially trained diabetes alert dogs (aka DADs) have such well-tuned noses, they sense a human's drop in BGLs "just before or as it starts dropping," explains Jeannie Hickey, certified diabetes educator, a retired diabetes care and insulin pump nurse and an active volunteer with the nonprofit Dogs4Diabetics, which trains and places DADs for people with diabetes. These dogs can pick up changes in body chemistry on the skin and breath, she explains, and are trained to take specific actions after sensing a drop (or rise) in blood glucose, such as bringing a special object to their owners, nosing them or jumping on them if the drop is detected during sleep – when more than half of hypoglycaemia episodes occur. (People with diabetes are advised to use DADs as an adjunct to, not in lieu of, blood glucose monitoring.) ■

WORDS LESLIE GOLDMAN **PHOTOGRAPHY** GETTY IMAGES



7 NEED-TO-KNOW FACTS ABOUT DIABETES & YOUR KIDNEYS

Diabetes is a common cause of chronic kidney disease. Find out why, what the big deal is and how you can protect yours

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

1 The role the kidneys play in keeping us healthy is often underrated. They filter the blood to remove waste and toxins, help regulate blood pressure, balance the body's water levels and manage the production of vitamin D.

2 One in three people with diabetes will develop chronic kidney disease (CKD). Over time, high levels of sugar in the blood can damage the small blood vessels in the kidneys, particularly those in the kidneys' filters, which causes CKD. Type 2 is the leading cause of end-stage kidney disease (or kidney failure) in Australia. About one third of Aussies who start dialysis or receive a kidney transplant have end-stage kidney disease caused by diabetes.

3 The longer you've had diabetes, the higher your risk of CKD grows. While 10 per cent of people with diabetes develop early signs of CKD in the first 10 years after being diagnosed, up to 30 per cent of people living with diabetes for 20 years will have CKD.

4 Having CKD increases your risk of other health complications, too. As it progresses, CKD increases your risks of heart disease and makes developing common diabetes-related complications, such as eye and nerve damage, more likely.

5 You can lose up to 90 per cent of kidney function before any symptoms begin. It's why CKD is commonly called a 'silent disease' – there are often no warning signs.

6 It's important to have a kidney health check once a year. Due to the silent nature of the disease, less than 10 per cent of people with CKD know they have it. Detection and early treatment of CKD is vital to slow down damage to the kidneys, so people with diabetes should undergo an annual kidney health check, which involves a blood test, a urine test and a blood pressure test.

7 There are things you can do to lower your risk of developing CKD. One of the most important is doing what you can to manage your BGLs. Other ways to reduce your risk of CKD include maintaining healthy blood pressure and cholesterol levels, and being a non-smoker, because smoking causes the small vessels in your kidneys' filters to narrow, restricting how well they can do their job. Exercising regularly and maintaining a healthy weight can also help. ■

A DEADLY SERIOUS RISK

A staph infection can turn fatal fast, and having diabetes means you're up to seven times more likely to develop the most serious infection. Discover why and, most importantly, what you can do to avoid becoming a statistic

"Zachary's had infections before, but the one that showed up on Christmas Day in 2018 was different," says Jeanette Wall, Zachary's mum. Now 14, he was diagnosed with type 1 diabetes when he was six and uses an insulin pump to manage it. When Jeanette noticed that a hot and angry looking abscess that had developed at his infusion site was doubling in size every hour, she knew they had to move fast. "He spent eight or nine hours hooked up to wires in hospital, and it took three bags of intravenous antibiotics to get it under control," says Jeanette, "so we made the right call."

Jeanette is right. Despite being vigilant about his insulin-pump hygiene, Zachary's infection was caused by staph, a bacteria that has the potential to enter and infect the bloodstream. From there, staph can lead to sepsis, a serious immune response to infection that can be life threatening.

Research shows between 20 per cent and 40 per cent of people who develop a bloodstream infection caused by staph die within a month as it's notoriously difficult to treat.

And not only does living with diabetes increase the risk of experiencing a staph skin infection like Zachary's, it also means you're about three times more likely to develop a staph bloodstream infection. For some people, the risk is even higher: having type 1 diabetes or

diabetes-related complications multiplies the risk of experiencing a potentially fatal blood infection by up to seven times.

BACK TO BASICS

First things first, what is ‘staph’, anyway? Its proper name is staphylococcus and, as you read earlier, it’s a type of bacteria – or more accurately a group of bacteria. “And some staph clones are much more likely to cause infections than others,” says Associate Professor Thomas Gottlieb, a specialist in infectious diseases and microbiology at Sydney’s Concord Hospital.

So, while there are more than 30 different types or clones of staph, it’s one called staphylococcus aureus that causes most of the infections we know as ‘staph infections’.

Despite that, staphylococcus aureus is commonly carried on the skin or in the nose of many healthy people without causing infection. “About one third of people are carriers of the bacteria,” says Associate Professor Gottlieb. “Another third are temporary or short-term carriers, and the final third never carry it.”

What determines who carries staph aureus and who doesn’t is a complex puzzle, with age, gender, genetics and even where in the world you live thought to play a role, but high blood glucose is a known risk factor. As a result, a 2014 study found as many as one in two people living with diabetes are carriers, which is significantly more than the general population.

A HEAVY LOAD TO CARRY

According to the experts, if you develop a staph infection there’s a good chance the staph bacteria you’ve been carrying around on your body is the culprit. But staph bacteria and infections can also be transmitted from person to person, either by direct contact or via surfaces including clothes and towels.

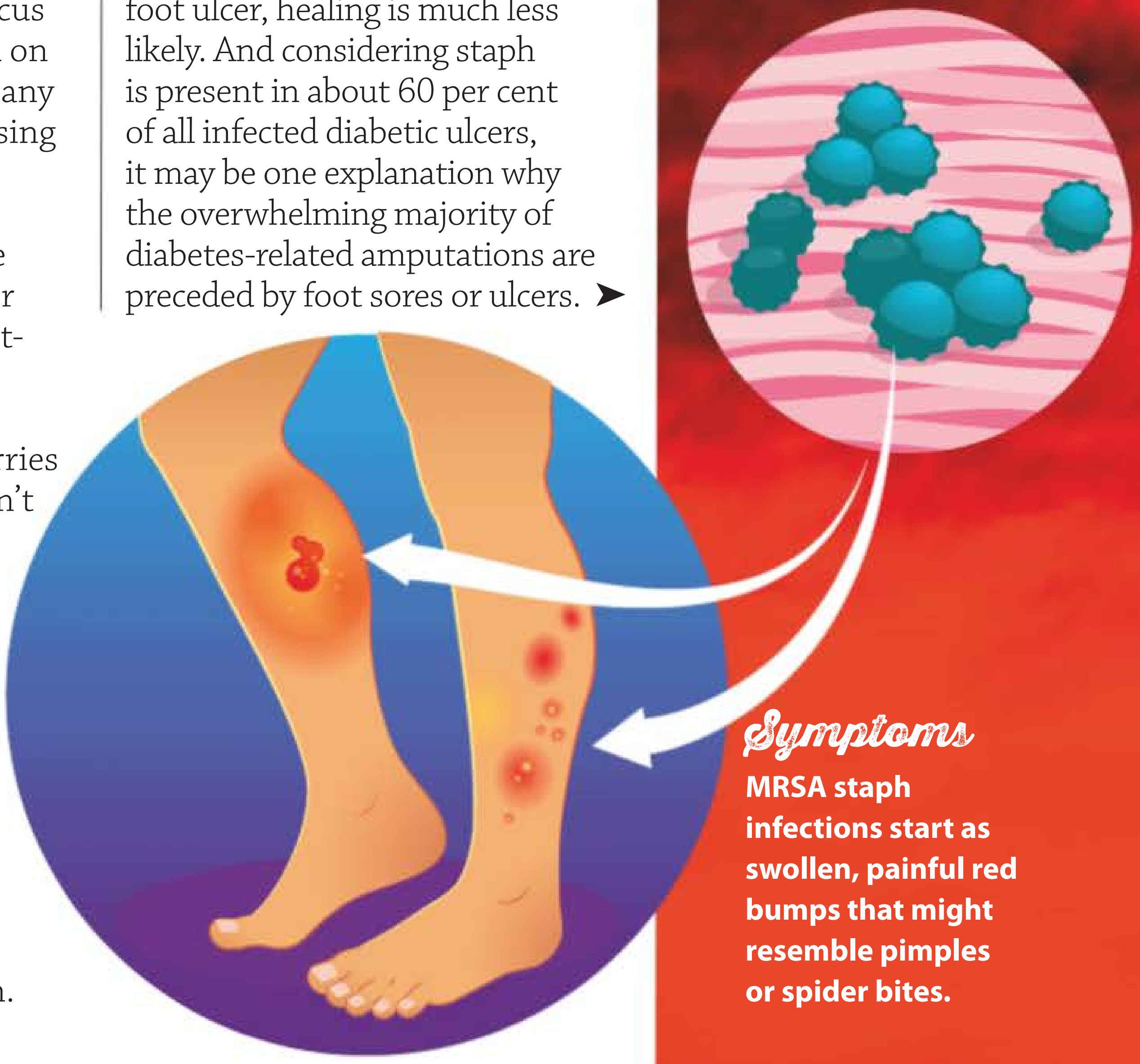
Either way, if you have a break in the skin, such as a cut or scratch, or a wound such as an ulcer, the staph bacteria can enter and cause a skin infection. “And for people living with diabetes, there’s a greater risk of that local infection spreading elsewhere, where it’s much harder to treat,” says Associate Professor Gottlieb.

It can make the skin wound much harder to treat, too. In fact, a 2019 study proved if staph sets up camp in a diabetic foot ulcer, healing is much less likely. And considering staph is present in about 60 per cent of all infected diabetic ulcers, it may be one explanation why the overwhelming majority of diabetes-related amputations are preceded by foot sores or ulcers. ➤

> “Bloodstream infections caused by staph can sometimes prove fatal within a month

The affected area might be:

- Warm to the touch
- Accompanied by a fever
- Full of pus or other drainage



Symptoms

MRSA staph infections start as swollen, painful red bumps that might resemble pimples or spider bites.

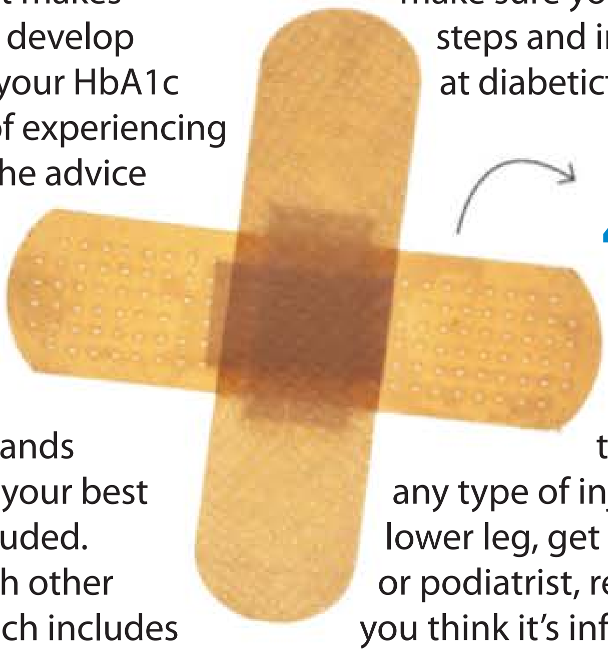
Taking control

While there are some diabetes-related risk factors for developing a serious staph infection that you can't control, including the type of diabetes you have and the period of time you have been living with it, there are steps you can take to help protect yourself and your life.

1 Monitor and manage your blood glucose levels. "By maintaining good glucose control, you'll not only be less prone to infections, but also to the diabetes-related complications that can play a role in staph infections," says Associate Professor Gottlieb. For example, while diabetic neuropathy, or nerve damage, increases the risk of a staph-related blood infection by more than five times, good glucose management makes it 60 per cent less likely that you'll develop neuropathy. Likewise, the higher your HbA1c climbs, so too does your chance of experiencing a serious staph infection. Follow the advice of your healthcare team closely, to monitor and manage your blood glucose levels.

2 Maintain good hygiene. Washing and drying your hands carefully and thoroughly is your best defence against germs, staph included. You should also avoid contact with other people's wounds, which includes not sharing personal items such as towels, sheets, clothes and cosmetics with them. And, if you use an insulin pump, closely follow the instructions you were given around hygiene, such as cleaning skin appropriately and using the right technique when changing infusion sets.

3 Take proper care of your feet. Because most staph infections start by entering a break in the skin, doing what you can to avoid a foot wound or ulcer makes sense. That means looking after your feet. To do this, make sure you follow the practical steps and information available at diabeticfootaustralia.org.



4 Look after wounds carefully. Keep any cuts and scratches on your skin clean and covered with sterile, dry bandages until they heal. If you notice any type of injury on your foot or lower leg, get it checked by your GP or podiatrist, regardless of whether you think it's infected or not.

5 Don't delay seeking medical advice. The symptoms of a staph infection will depend on where it's located, but for skin infections, look out for boils, rashes or pimple-like eruptions that are red, swollen and painful, often accompanied by pus. "Genuine staph infections need to be treated quickly, because they can lead to a potentially serious bloodstream infection," says Associate Professor Gottlieb. "So, if you suspect you have a staph infection, see a doctor as soon as possible." ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

BE A BLOOD SUGAR SLEUTH

Next time a reading is off and you can’t figure out why, take a look around – the culprit could be right under your nose. These seven factors can all impact BGLs in surprising ways

1

You’re bogged down by stress

Whether it’s “bad” stress (you’re unhappy in your job, your child is struggling in school or you’re caring for an ageing parent) or “good” stress (you’re getting married, moving or planning a holiday), your body responds in a similar fashion.

“Rising levels of the stress hormone cortisol can contribute to insulin resistance and may also affect other hormones related to blood [glucose] management,” explains Nicole Bereolos, certified diabetes educator, clinical psychologist and a *Diabetic Living USA* adviser. “The end result is that there’s more [glucose] in the blood, and your cells are not using insulin as well as they normally would. It’s a double whammy.”

You can’t scrub stress out of your life completely, but you can work on changing how you respond to it. A session with a behavioural health specialist (in-person or virtual) can help you develop strategies and coping techniques for day-to-day stress. If you’re feeling overwhelmed in the moment, try belly breathing: expand your belly as you inhale and contract it as you exhale. With regular practice, this technique may help lower cortisol levels and lessen the negative effects of stress. ➤

2 You logged a terrible night's sleep

Losing sleep is about so much more than feeling groggy. "Even one or two nights of poor sleep can lead to higher blood [glucose] the next day," says Michelle Griffith, assistant professor of medicine, Division of Diabetes, Endocrinology & Metabolism, at Vanderbilt University. Cortisol levels can increase during sleep deprivation, affecting BGLs. If you find yourself thrown off your sleep routine, the best advice is to try to get back on track as soon as you can. But, if sleeping poorly is an ongoing issue, bring it up with your GP. "There's some evidence that chronically poor sleep may change how the body handles glucose," says Griffith. A condition called obstructive sleep apnoea – brief pauses in breathing during the night – can negatively impact sleep and is linked to diabetes progression. If you notice sleep apnoea symptoms (such as falling asleep in the day despite being "asleep" for eight hours at night, or waking your partner with your snoring), mention it to your doctor.

3 You've got a case of the sniffles

Whether it's a cold or the flu, a urinary tract infection or even an ingrown toenail, "any inflammation or infection in the body can raise BGLs because it's a stress on the body," says Griffith. "Some patients report that this increase in blood glucose is an early warning sign of an infection," she says. If you're sick, stay hydrated and eat small amounts of carbs throughout the day. Griffith also recommends checking BGLs every four hours, or before meals. And, if you take insulin, continue your long-acting dose. Many people with diabetes fear taking long-acting insulin when they're ill, but your body still needs this type of insulin, explains Griffith. But, if you're eating fewer carbs while unwell, your short-acting insulin doses may need to be decreased. Ask your doctor about sick-day plans at your next visit.

4 You're taking OTC medication

As if being sick didn't already tax your system enough, some medications you take for symptom relief can affect your blood glucose, too, including over-the-counter (OTC) cold medicines and cough syrups. Some of these medicines have been found to contain excess carbs. If you take a medicine that has carbs you're not aware of, this could lead to an unexpected high blood glucose reading. Instead, look for medicines and syrups that are both sugar- and alcohol-free. Another OTC medicine to watch out for is the congestion-busting drug pseudoephedrine. "This medication constricts blood vessels, which is great for relieving nasal pressure, but it can also raise your blood pressure and may affect blood glucose too," explains Nicole Pezzino, a certified diabetes educator. A short-term (three-day max) use of a nasal spray containing oxymetazoline is a potentially safer alternative, as it's not as readily absorbed into the bloodstream, says Pezzino.

WORDS JESSICA MIGALA **PHOTOGRAPHY** GETTY IMAGES

5 You missed your regular workout

Maybe today was particularly nasty outside and you didn't take the dog out for a walk. Or you drove to work instead of walking to the train. "Regular exercise helps with blood glucose control by improving insulin sensitivity," says Martin Abrahamson, a physician in endocrinology, diabetes and metabolism at Beth Israel Deaconess Medical Center in Boston. But, while one sweat session can lower BGLs for up to 24 hours post-workout, adds Griffith, we need to continue to be active to see those benefits. On days when your routine gets knocked for a loop, remember: any movement – be it doing chores, getting up to stretch every half hour or taking a quick walk around the block – can help lower BGLs and boost insulin action, too.

6 You didn't miss a workout

You know exercise is a great way to improve blood glucose management. But what if, post-sweat, your BGL reading is raised? More intense activities (such as sprinting, vigorous aerobic exercise and heavy strength training) can raise blood glucose as they can spur your body to generate hormones such as adrenaline, which causes more glucose to be released into your blood for muscles to use, says Griffith. This spike is temporary and won't impact your HbA1c. Regardless, it can be deflating. Try doing resistance training first and then finishing your workout with cardio. Or, try ending it with a gentle cool-down. A final note: check in with your healthcare team – they may need to adjust your medication if you've started a new exercise routine.

7 Your inner voice is driving up your anxiety

If there's one thing your healthcare team wants you to know, it's that life goes on. "I don't want a person with diabetes' life to stand still because of the fear and anxiety related to not being able to manage their diabetes," says Bereolos. Don't tell yourself that you can't go on an airplane, take a hike or participate in activities because you have diabetes. "You can do what you want … you can do just about anything," she says. It's about planning and problem-solving. Create 'if-then' statements to anticipate situations. For instance, "If I go cycling and leave my only bottle of insulin in the car, then I will call my pharmacist for next steps." These if-then plans come with another perk: they can reduce anxiety, which can lower the stress hormones surging through your system, which can help keep your BGLs steady.

What else could it be?

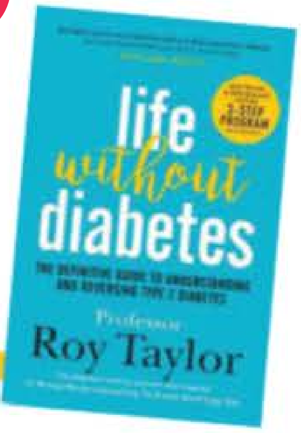
When a reading looks wrong – and there's nothing new going on with your stress, sleep or health – here are four questions to ask yourself, says Bereolos:

- **Did I miss** a dose of diabetes medication?
- **Were any of my medications** or devices stored improperly (in the heat or extreme cold) or left in the car?
- **Was there any hidden sugar** in food that I didn't know about? (Think about sauces, dressings or fast foods.)
- **Have I been grazing all day?** If you truly can't pinpoint a reason, then factors affecting your BGLs may be beyond your control. It's natural to feel frustrated; talk to your doctor about what you should do to handle these unexpected swings. ■

BOOK EXTRACT

ESCAPING FROM TYPE 2 DIABETES

Could losing weight rapidly be the key to overcoming type 2 diabetes? In this edited extract, Professor Roy Taylor explains.



This is a simple programme, with clearly defined stages – **first, lose weight rapidly with a clear end point; second, reintroduce ordinary foods step by step; third, keep the weight down long term.**

A rapid weight-loss phase followed by a stepped return to normal eating is very different from the standard advice of 'slow and prolonged' of recent years. The 1, 2, 3 approach recognises that losing weight is a distinct activity, separate from the matter of keeping the weight steady in the long term, and that there are many benefits from losing weight fast in the first instance. There are other approaches to losing weight. However, several high-quality studies have shown that going on an intensive rapid weight-loss diet for a period is not only effective for most people, but extraordinarily motivating.

1 Recognise the problem

For centuries, type 2 diabetes has been thought of as a lifelong condition. Despite being advised to lose some weight, people recently diagnosed with type 2 diabetes find that their weight creeps up over ensuing years. Even if guideline-based advice from a dietitian is available, this is often frustratingly ineffective. Most people's steady increase in weight after being diagnosed with type 2 does not surprise doctors either, as they know that some of the tablets prescribed to manage the condition actually hamper weight loss.

If body weight stays as high as it has become by the time type 2 diabetes is diagnosed – then the diabetes does not go away and will get worse. If you lose a lot of weight, though, the very opposite is true.

Your type 2 diabetes has been caused by less than half a gram of fat inside your pancreas. That small amount of excess fat is inside the cells, preventing the proper manufacture and release of insulin. There is not only excess fat within the cells of the pancreas, but too much in the blood, continuously arriving and adding to the burden. The only way of decreasing this burden of fat is to decrease the total amount of fat accumulated in your body – not just by a few kilograms, but by a lot. Once this is crystal clear, escape from type 2 diabetes is within your grasp. You need to lose weight and keep it off.

Decreasing weight by 15kg will correct the fat excess

2 Write down your target weight

However much fat you may have in your body, the development of type 2 diabetes is telling you that you have too much. Too much for your personal constitution. Don't compare your size with that of others. You are yourself. How much is too much fat? As a rule of thumb, decreasing your body weight by 15kg will correct the excess of fat. It is the same whether you weigh 80kg or 160kg, as this is highly likely to take you below your Personal Fat Threshold. Losing so much weight may sound an impossible task, but it is easier than you may think. Cutting calorie intake to around 700 calories (2929kJ) daily was found to be surprisingly straightforward. It was certainly not easy – but far less difficult than people expect. What helps is that the average weight loss after one week is around 3.5kg – and this makes a profound difference to how people feel day to day. All daily activities suddenly become very much easier when you are lighter. You will soon feel so much better that your motivation will be reinforced.

Yes, you will feel very hungry for the first 36 hours, but hardly at all after that. The ongoing problems are more about adjusting daily life around some major changes. Compared with the miserable and often ineffective rigmarole of trying to lose weight over six months or a year, losing substantial amounts of weight rapidly is so much easier.

So, if you weigh 80kg, weight loss of about 15kg, to 65kg, is likely to return glucose control to normal – provided you have not had type 2 diabetes for ➤

too long. The only way to know whether your diabetes has gone too far to be reversed is to lose the weight and see.

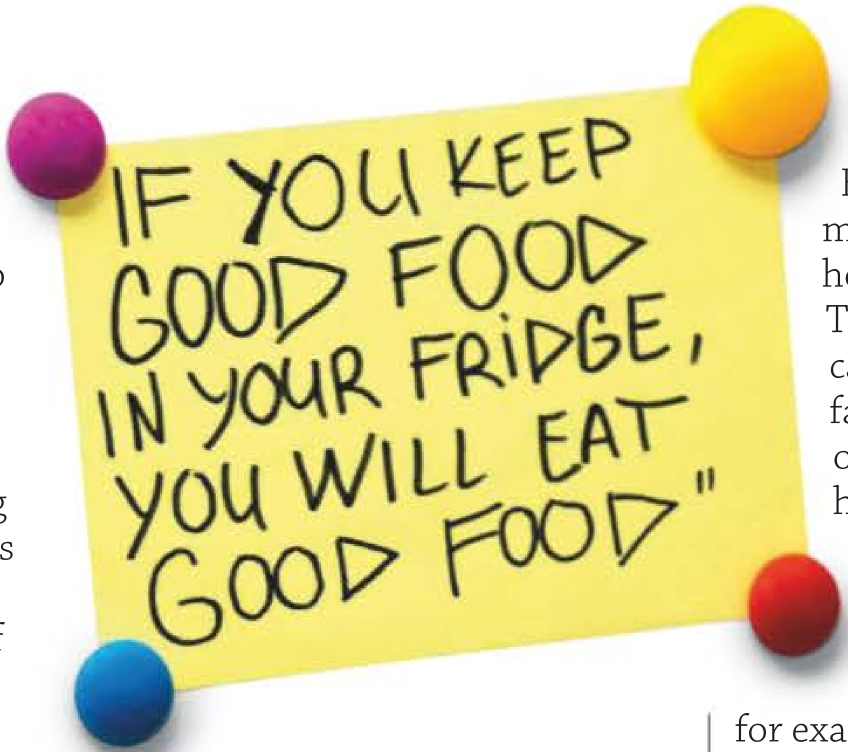
It is worth repeating that the aim is not the usual, unfocused one of becoming non-obese. 'Obesity' itself is not relevant. What is important is to get yourself below your Personal Fat Threshold. And 15kg is the magic number to lose, whether you start at 160kg or 80kg. Of course, there may be other health gains to be had from losing even more weight, but this book is about returning to metabolic health, not becoming slim.

The 15kg rule of thumb works fine for most people, but may be too much if you are not a big person. At a lower starting weight, say below 80kg, it is better to think about losing 15 per cent of your body weight. So, Mrs Sixty Kilograms could reasonably aim to lose 9kg.

The first step: write down your target weight. Don't be put off by the seeming difficulty – hundreds of people like you have achieved similar weight loss. It can be done. Write it down. Then it is a real target.

3 Recognise that food intake has to be decreased for 2–3 months

When will you start on your escape diet? Certainly not instantaneously – as you need to plan ahead. This is not an invitation to put it off, then put it off again, but rather to encourage you to take a cool look ahead to check that you are making things as easy as possible for yourself.


"IF YOU KEEP GOOD FOOD IN YOUR FRIDGE, YOU WILL EAT GOOD FOOD"

Choose your time. Many people struggle to find two to three months when there are no social occasions, upheavals at work, holidays etc. So plans need to be laid for how you will manage to stay on course. Enlisting support from everyone close to you will be extremely helpful.

4 Discuss with friends and family

I can't stress this point enough. Obviously, it is important to enlist the support of family and friends to help during all the difficulties that crop up as part of life. But contemplating major weight loss is a far more pervasive thing. Eating is a social activity, and usually involves your nearest and dearest. Therefore, any change you make to what and how much you eat will impinge upon everyone else in the house.

What does your spouse/partner/close friend think about you embarking on this challenge to get rid of your diabetes? Will they be happy or less than happy to see you at a lighter weight and feeling 10 years younger?

There is much talk these days about the 'obesogenic environment' in which we live. However, the obesogenic microenvironment of the home is easily overlooked. That microenvironment can be changed if the family is willing. Many of our research volunteers have described such a revolution.

Beware the excuses you may make to yourself and others, for example: 'I need to keep some treats in the cupboards for the children/grandchildren.' Firstly, remember that type 2 diabetes runs in families, and families will share the genes that determine the risk for type 2 diabetes. So, setting up your youngsters to have treats as a routine will do them no favours in the long term. Far better would be to actively help them avoid having to make the same escape effort that you are contemplating just now. Secondly, if you are tempted to eat the treats, then they were probably never really for the grandchildren anyway. If you are unable to resist them, they will have to go.

5 Decide

How do you make a decision? Imagine if, instead of diabetes, you had developed a life-threatening disease that could only be cured by an operation, and that your doctor said to you that this would mean taking three months off work and stopping all normal activities of life. Faced with a life-threatening condition, you would not hesitate to accept this. You would plan for the operation and work out how to fit your life around this period of down time.

Given that type 2 diabetes causes misery and shortening of life, the same thinking should be applied. It is a serious condition that threatens your eyesight, your feet and your heart, not to mention doubling the risk of a stroke at any age.

With the 1, 2, 3 approach, your route to fixing this is much less disruptive than taking, say, three months off work for surgery. During your period of low-calorie dieting, work and everyday life will continue. You may worry that you won't have enough energy to do your usual work, but do not fear – most people report feeling more energetic than usual while dieting.

It has to be a personal choice. But in my experience, many folk would really like their health back – as soon as possible. Health is one of those things that never seems precious until it has been lost.

A decision needs to be taken. You will know when you have decided. And provided you have been given the information about the alternatives, no one can tell you that your decision is 'wrong' or 'right' – it is your decision.

6 Prepare for action

Check those cupboards. Are they clear of biscuits, cakes and chips? Do you have all the supplies you need? It is essential to plan ahead so you don't get scuppered by hunger pangs and end up buying a snack that is bulging with calories.

One curious thing must be considered. You may have friends, relatives or acquaintances who do not seem to want you to lose weight and may actively engage in what could be called sabotage. This can be particularly difficult to deal with when you are trying to keep to a strict regimen. It is a good idea to think through how you might respond to this sort of thing before you start.

7 Action!

All our research work on reversing type 2 diabetes has depended upon a method for losing weight that can be achieved by all the participants within a defined period of time – a combination of low-calorie soups and shakes to maintain a daily intake around the 800-calorie mark. In a research study, it is vital to have a uniform, reproducible way of bringing about change that is acceptable to most people.

You need to plan for long-term weight control right from the beginning. And then, once you have shed the 15kg, and after you have congratulated yourself (and your supporters), you need to be prepared for the fact that you will need less food than you previously ate. In practice, this will be around three quarters of the amount you habitually put on your plate and swallowed. Remember, this marks the beginning of the rest of your life. And eating less will be the only way to maintain your new, healthy, comparatively svelte form. Knowing this from the outset is important.

THE 1, 2, 3 APPROACH

First get the weight down, focusing entirely on that. Secondly, reintroduce ordinary foods step by step. Then thirdly, keep the weight down long term.

Recognising that these stages are three clear-cut operations is important. Careful research has shown that major weight loss can be achieved by this clear separation of a relatively short, but intense, period of weight loss from the long-term keep-it-down phase. However, a word of caution is needed: the best studies to date have lasted for only two years, and weight regain must be avoided for life. Phase 3 is the most challenging. ➤

Food vs liquid formula

Having a packet of one of the many commercially available liquid formula diets per meal is by far the easier option for most people. Add in some non-starchy veg at mealtimes, partly for something to chew on, but mainly because veg helps to avoid constipation.

And, if you can't bear the idea of going on liquid formula drinks for several weeks with or without vegetables, you can, of course, use ordinary foods. If you go for real foods to provide approximately 800 calories (3347kJ) per day, you would need a high proportion of protein foods (fish, meat), both to meet your daily need for protein and to keep you satisfied for longer. Plenty of non- starchy vegetables are important to fill you up and keep your bowels regular. It may take you a bit longer to cruise down to your target weight – about three to four months as opposed to two to three months on the liquid formula.

*Step 1 in practice

Choose your low-calorie diet. If it is to be a liquid diet, then you must decide which brand and which flavours you like. Whichever brand you choose, it must be described as 'complete nutrition' (as opposed to just a 'meal replacement') – in other words, that it contains all the vitamins, minerals and trace elements in addition to protein, sugar and fat.

You may be surprised by the high sugar content of some brands, but don't worry as this is low compared with what your liver makes every day. The protein content will be high: around 25 per cent and much higher than you might usually eat in a meal. It must come as one packet per meal (no decisions or room for inadvertently adjusted doses). Each packet will contain around 200 calories (837kJ).

Liquid diets are easier for most people, and bear in mind that this is what was used in the research that showed major weight loss and lasting remission of type 2 diabetes. To maintain an adequate intake of fibre, you have the option of either taking a fibre supplement or eating a single helping of non-starchy vegetables each day, in addition to your shakes.

Do not embark on an exercise programme during Step 1. Perhaps, surprisingly, this can seriously impede weight loss, especially in very overweight people. This may be the best-kept secret in the weight-loss field, and I came across it only from listening to participants in one of our exercise studies. They described 'compensatory eating' (part-conscious and part-subconscious). So just remain normally active during Step 1.

- ***Write down why** you are doing this.*
- ***During a liquid diet,** you will have lots of time on your hands, so plan ahead as to what you are going to do with that time.*
- ***Then plan** what you are going to do if you feel tempted to eat*

WHAT TO EAT: OVERVIEW

*STEP 1. **For the 8 weeks of rapid weight loss,** the simplest option is to use a liquid formula product to provide about 600 calories (2510kJ) per day, with one helping of non-starchy vegetables (about 100 calories/418kJ). No alcohol (and no additional exercise).

*STEP 2. **For the transition to normal eating,** one small meal of ordinary foods (of 400-500 calories/1674-2092kJ) is substituted for the evening liquid meal for approximately 2 weeks. Then a small lunch (about 400 calories/1674kJ) is introduced for the next 2 weeks. Then the liquid meals are stopped.

*STEP 3. **For long-term weight maintenance,** your weighing scales are your best friend. Eating is back to being a normal, social activity – but with a close eye on quantities. The same goes for alcohol.

PHOTOGRAPHY GETTY IMAGES

something off-limits.

- ***You also need to plan** for how to supply yourself with your special meals when out of the house.*
- ***No alcohol** during the weight-loss phase.*
- ***Continue to enjoy** tea and coffee, with skimmed milk if preferred (not more than 50ml per day).*
- ***Discuss your plans** with your doctor or diabetes nurse.*

Step 2 in practice

Moving from the weight-loss phase back to eating ordinary foods needs some careful planning.

- ***Start with** the evening meal, going back to eating a normal (but smaller than usual) plate of food instead of the shake, but continuing your weight-loss diet during the rest of the day.*
- ***It is sensible** to do some advance planning here, too: a 'normal' meal should still be relatively low in carbohydrates and contain plenty of veg. Avoid sweet or starchy foods.*
- ***After two weeks,** you can add in a lunchtime meal, stopping the shake but, again, exercising portion control.*
- ***After four weeks,** you can be back into a fairly normal pattern of eating that is sustainable for life – without regaining weight. And drink alcohol if you wish.*

Step 3 in practice

By this stage you should feel very proud of yourself. You will have lost a substantial amount of weight, you will hopefully have achieved remission of your type 2 diabetes and you will be feeling dramatically better, both in mind and body: more energised, confident and motivated. Welcome to the beginning of your new life.

- ***As a rough guide,** you will need to eat only three quarters of the amount that you used to eat.*
- ***Write down** your weight each week. This is essential.*
- ***If your weight** rises by 3kg above target, take immediate action. Whatever you do, don't abandon all your hard work in regaining health. Make sure it is only a temporary blip.*
- ***Beware of activities** that often involve communal snacking, such as watching television.*
- ***Take pride** in your written record of weekly weight so you can say: 'I'm the same weight as I was at the age of [25?] and have been for a year.' And the last couple of words will eventually become five years... 10 years... 20 years.*
- ***And, finally,** ensure that life is enjoyable.*

WHY LOSE WEIGHT RAPIDLY?

If food intake is decreased to around 800 calories (3347kJ) per day for a two-month period, there are several advantages. Once under way, you are unlikely to feel very hungry. This is possibly a survival mechanism that evolved during our hunter-gatherer millennia. It would have been difficult to hunt successfully if all you could think about was being ravenously hungry. A second major advantage is that you start feeling so much better in a short period of time that you will want to keep going. You'll find you move around more easily and you sleep much more soundly. You will start feeling more energetic.

In the first week of a 700-800 calorie (2929-3347kJ) diet, the average weight loss is 3.5kg. During the whole eight weeks it is just over 15kg. This might sound rather alarming: is it healthy to cut back so much on eating? Sudden weight loss is usually thought of as an indicator of serious disease. But the hard evidence is that for anyone who has increased their weight during adult life, or has always been overweight, losing the extra weight and then eating less long-term is of huge benefit to health. In our overfed society, fasting is not usually dangerous, but eating is.

As I mentioned above, if you opt for total food replacement using a liquid product to lose weight, there are some additional advantages. The first is that it is easy to have a high proportion of protein at each meal, and this helps to control hunger. The second is that there are no difficult choices about what and how much to eat. Freeing yourself from the cumulative burden of decisions, decisions, decisions makes weight loss genuinely easier.

You don't have to lose weight fast to reverse your diabetes, but for most people it's the easiest way of losing the requisite number of kilos. Overall, the 1, 2, 3 approach works because the defined goals of each stage are humanly possible, and the early wins increase motivation to succeed. ■

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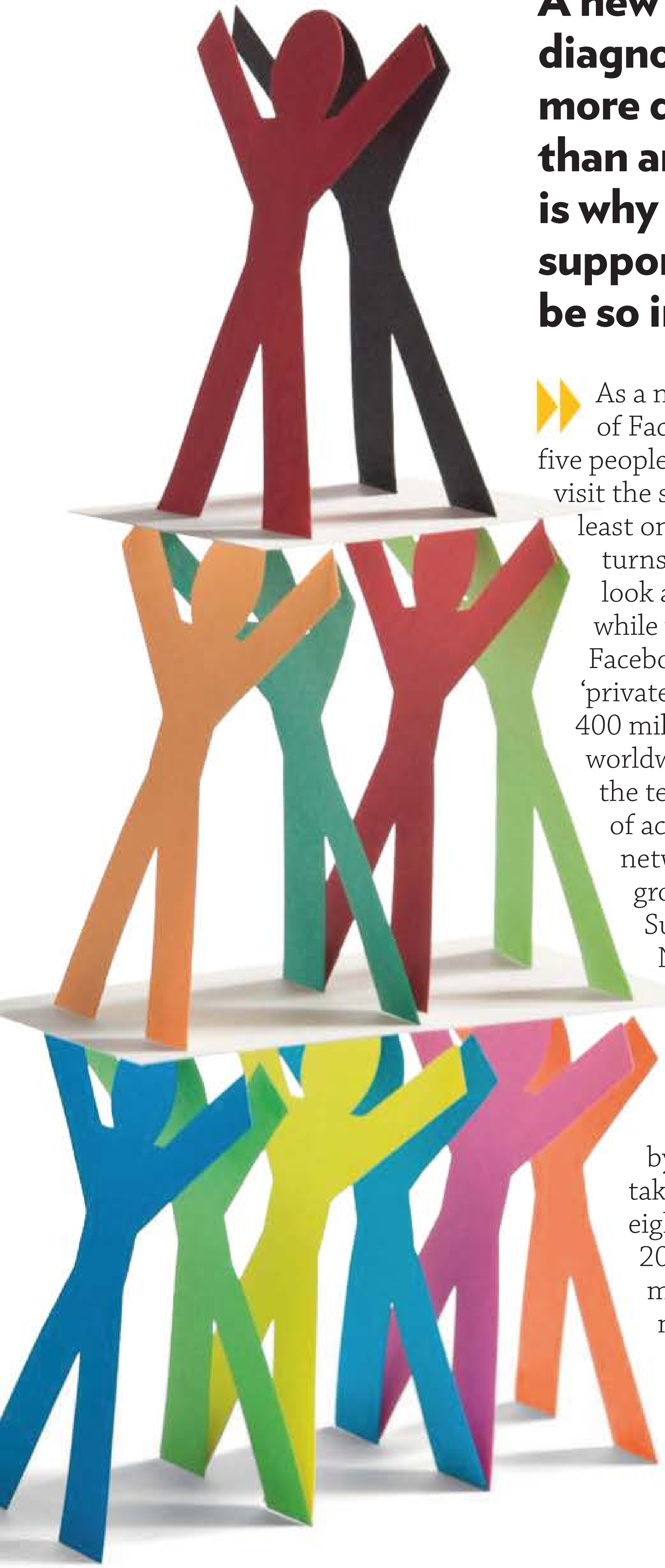
STRENGTH IN



A new diabetes diagnosis may raise more questions than answers, which is why online peer support groups can be so invaluable

As a nation, we're a big fan of Facebook. Four out of five people living in Australia visit the social media site at least once a month, and it turns out we do more than look at cute cat videos while we're there. Since Facebook launched its 'private groups' feature, 400 million people worldwide have joined the tens of millions of active groups the network hosts – groups such as Diabetes Support Australia and New Zealand.

A support group for people living with diabetes and their family members, it's run by Jenn Evans. Since taking the helm of the eight-year-old group in 2018, Jenn has seen its membership swell to more than 8000 people.

"When you have diabetes, being able to tap into the knowledge and lived experience of others is invaluable," says Jenn, who has been living with diabetes since her teens and dedicates hours each day to her role as one of the group's administrators. "Our members often comment that they're incredibly grateful to have found the group because it's helped them learn and understand so much more about diabetes than they knew before joining."

One of those members is Mel Davis. "Since joining this group, I've gained more knowledge than from any specialist I've been to," says Mel. "That's helped me immensely in managing my diabetes far better than I would have been able to on my own. And, being part of the group, I never feel alone. The moral support has gotten me through so many times of feeling scared and beaten."

I'm newly diagnosed with type 1. How did everyone cope with their diagnosis?

Jenn says community spirit is key. "Diabetes isn't just one disease, and being able to ask questions in the group and receive answers and support helps people realise that no

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

NUMBERS

matter what they're going through, or what type of diabetes they're living with, there's someone out there who's in the same situation – or has been at some stage – as they are."

REAL-LIFE RESULTS

Research proves peer support is a powerful force. While a 2017 study found people living with diabetes who drew on the advice, information and support shared in an online group felt empowered and more engaged in their health care, according to another study, many peer support group participants also enjoy improvements in blood glucose levels, weight and diabetes symptom management.

Diabetes Support Australia and New Zealand member Mel Schokker can relate. "I've been part of the group for a couple of years, but it wasn't until last July that I realised I needed to take my diabetes more seriously," she says. "Since engaging more with the group, I've lost 13kg and my BGLs have halved in that time."

Jenn says stories such as that aren't uncommon. "And it's something I think all of us – the admins, the moderators and all of our members – can be really proud of. We're genuinely making a difference to people's lives."

A LITTLE LIGHT RELIEF

Online diabetes support groups such as Jenn's might be devoted to sharing crucial information and knowledge, but there's a lot of room for a laugh, too. "There's always someone who can help with a question or a recipe – or even a joke if you're just feeling overwhelmed," says member Raelene Goldsworthy.

And it's not just having a laugh that's encouraged; venting is also acceptable. Another member, Wendy Schultz, says the importance of being able to do that in a 'safe space' can't be underestimated. "Sometimes venting the frustrations of living with diabetes, particularly when things aren't going to plan, is exactly what you need, and is what has helped me on a number of occasions," she says.

Still not sure if joining an online diabetes support group is right for you? Jenn's advice is simply to try it and see. "You'll be so welcome," she says. "Regardless of your age, what type of diabetes you have, or even if you're a friend or family member of someone with diabetes, you'll discover that members of our group are more than willing to help and support you on your journey." ■

Does anyone have any recipes for a cheesecake suitable for people with diabetes?

Check them out

The Diabetes Support Australia and New Zealand group is the largest all-inclusive diabetes Facebook support group for people living here and across the Tasman. But there are a few other groups on Facebook you should also consider joining:

- **Type 1 Diabetes Support Group Australia.** With 5500 members, as the name suggests this is a support group for people living with, or caring for someone with, type 1 diabetes in Australia.
- **Type 2 Diabetes Support Group.** A community for people living with type 2, the group encourages a low-carb lifestyle as a diabetes management tool and has about 35,000 members from all over the world.
- **LADA Support Group for People Living with Type 1.5 Diabetes.** A group for people living with latent autoimmune diabetes in adults (LADA), also known as type 1.5 diabetes. It's thought up to a third of people initially diagnosed with type 2 actually have LADA.
- **Gestational Diabetes Australia Support.** A support group where Aussie mums and mums-to-be are encouraged to chat and troubleshoot their way through gestational diabetes.

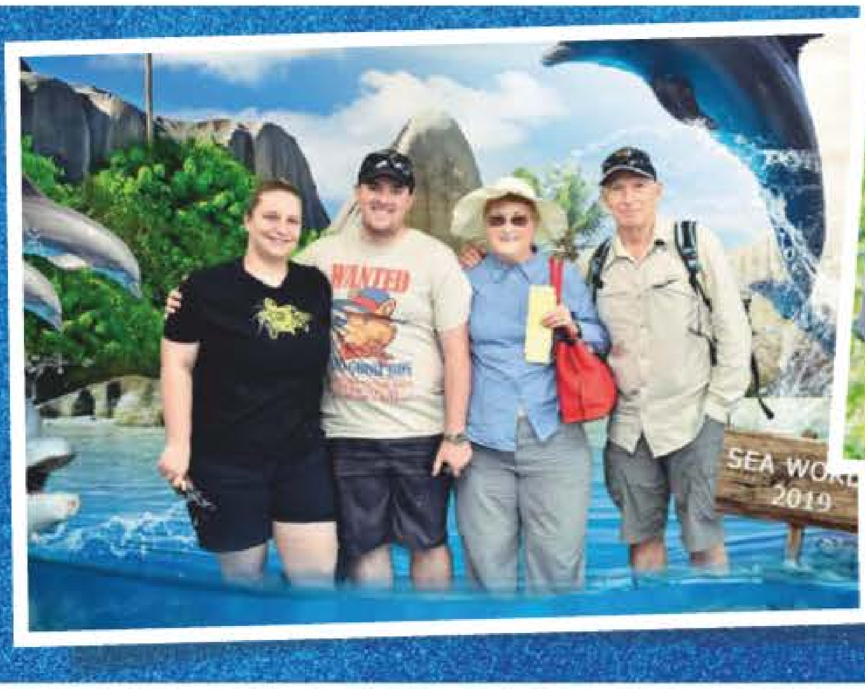
‘Sometimes I say I’ve got *come-and-go diabetes*’

It’s no secret that diabetes can lead to a variety of health complications, but for Debbie Bryant, 64, diabetes *was* the complication

“When I was told I had type 2 in June last year, it didn’t faze me. To be honest, it was the least of my problems!

“The week before, I’d been rushed to hospital because I was retaining fluid. I’d put on 26kg of fluid in 10 days and my doctor suspected I was in heart failure. Tests showed I actually had a kidney disease that occurs rarely in adults, called minimal change disease (MCD) and, sure enough, on my third night in hospital my kidneys failed.

“It took nearly three months of treatment with high-dose steroids to push my MCD into remission, and another two months after that until my kidneys recovered, but almost as soon as I started taking the steroids, I developed



LEFT: Daughter-in-law Jessie, son Lawton, Debbie and her husband John at Sea World. ABOVE: Daughter Willow, Debbie and John at Currumbin Wildlife Sanctuary (2019).

steroid-induced diabetes. Both my parents had type 2, so my specialist warned me I was at a higher risk once I started MCD treatment but again, given how ill I was at the time, it didn't really seem important.

"It wasn't until I'd left hospital and started to feel better again that I began to get my head around living with type 2."

NO SUGAR

FOOD FOR THOUGHT

"Before developing diabetes, I'd always considered my and my husband John's diet to be healthy, but once I had to consciously start lowering my sugar intake, I was shocked to realise we were eating more of the sweet stuff than I thought.

"I discovered most of the tinned and packet foods in the pantry contained a significant amount of sugar, as did many of the recipes I cooked. Together, John and I went on a bit of a sugar detox and I won't lie, it wasn't fun! But we eventually felt so much better and given my diabetes was purely diet controlled at the time, it helped me control my BGLs.

"These days we're a 'fresh everything' household, avoiding tinned and jarred foods and sauces. I even make my own baked beans from scratch. Partly, so I can feel confident that I'm avoiding hidden sugars, but also because I like to stick to a low-salt diet for my kidneys. Now that I know what it's like to have them fail, I'm determined to help them out as much as I can.

John has also put a great deal of time and effort into developing diabetes-friendly sweet treats for me. When he noticed I was missing white chocolate, he developed his own version using copha, UHT milk powder, Natvia and cream cheese, with almonds and cranberries added. It's divine! And eating one square actually lowers my BGLs.

"The other thing we did was change when we eat our largest meal. We started making breakfast our main meal of the day and dinner our smallest. As well as being beneficial for our digestive systems, it's been good for my diabetes, too. Plus, after I was discharged from hospital, I found that I had the most energy in the mornings so it's when I felt like cooking."

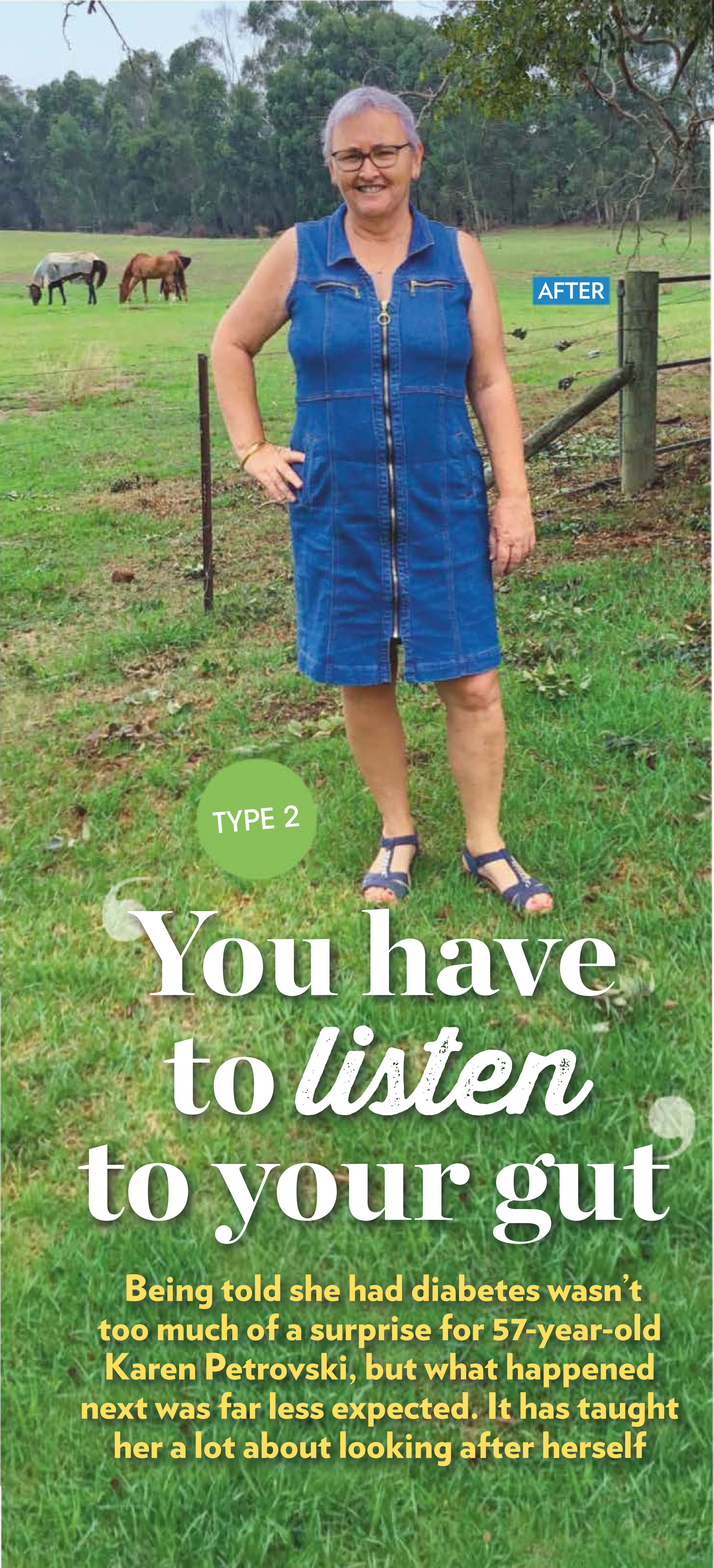
A MOVING TARGET

"Sometimes I say I've got come-and-go diabetes. Every time my steroid dose changes, it moves the goal posts in terms of BGLs and what I need to do to keep them controlled. I've gone from being diet controlled to taking metformin and, just recently, back to being purely diet controlled. I've been told different things about what will happen to my diabetes when I can eventually stop taking the steroids altogether, but my hope is that it will disappear.

"The only spanner in the works is that I've also been warned my MCD could relapse at any time, which would mean going back on high-dose steroids and dealing with those shifting goal posts again. And not just with regards to diabetes, I've also experienced liver damage caused by another medication I was taking for MCD.

"On top of feeling grateful that I enjoyed 60-plus years of good health before any of this began, something that helps me cope is doing my research. Being informed helps me take ownership of my health and I can ask questions of my doctors and have meaningful discussions with them. It's my way of regaining a sense of control." ■

AS TOLD TO KAREN FITTALL **PHOTOGRAPHY** SUPPLIED BY DEBBIE BRYANT



TYPE 2

You have to *listen* to your gut

Being told she had diabetes wasn't too much of a surprise for 57-year-old Karen Petrovski, but what happened next was far less expected. It has taught her a lot about looking after herself

"When I was told I had type 2 in mid 2018 after a regular check-up, I wasn't particularly shocked, even though I felt fine. Type 2 runs in my family, so I'd been warned in the past that for me, it was less a matter of 'if' and more a matter of 'when'. Looking back and knowing what I know now, what did shock me was how blasé my GP at the time was with the advice and care he gave me, or more accurately didn't give me. After diagnosing my diabetes, he simply prescribed some medication and sent me on my way. So, while I knew what diabetes was, thanks to the way my doctor reacted I didn't think too much about it or take it too seriously – certainly not as seriously as I should have.

A reality check

"Fast forward to March 2019 and my husband Bob and I took off from our home in Wollongong for another of our full-time caravan adventures, this time heading to country Victoria. Not long into the trip I started experiencing nausea beyond belief and, after a visit to a country hospital, was told I had suspected diabetes-induced gastroparesis.

"Thankfully, after a GP in Mildura ran further tests, I was given the all-clear on that front

AS TOLD TO KAREN FITTALL PHOTOGRAPHY SUPPLIED BY KAREN PETROVSKI
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

but I did have my eyes opened to the fact that I wasn't looking after myself and my diabetes wasn't being treated or managed properly. I wasn't on the right dose of metformin, my HbA1c was unhealthily high and I needed to lose weight – something my own GP had never mentioned. I'd also never seen an endocrinologist, a podiatrist, a dietitian, nothing. I didn't even know why seeing those people mattered so much for someone living with diabetes.

"Looking back now, that's especially worrying, because in 2012 I had an accident and broke both of my heels so badly I had to have two operations. These days, I can't risk anything else happening to my feet because, as a result of my injuries, my left foot is already compromised. I didn't understand that when I was first diagnosed, but I do now.

"After realising I needed to make some drastic changes, Bob and I put our trip on hold, returned home and the first thing I did was find a new GP. He doubled my diabetes medication immediately and started the ball rolling to get appointments with all the doctors, specialists and healthcare professionals I needed to see. A month later, with the help of a dietitian, I started the keto diet and, in six months, I lost 14kg, going from 95kg to 81kg. My cholesterol levels are back within the normal range, my blood [glucose] levels are good and my HbA1c is now 5.5. Apart from anything else, I'm back into size 14 clothes, something I never thought I'd be able to do or say. And I have so much more energy. I feel amazing.

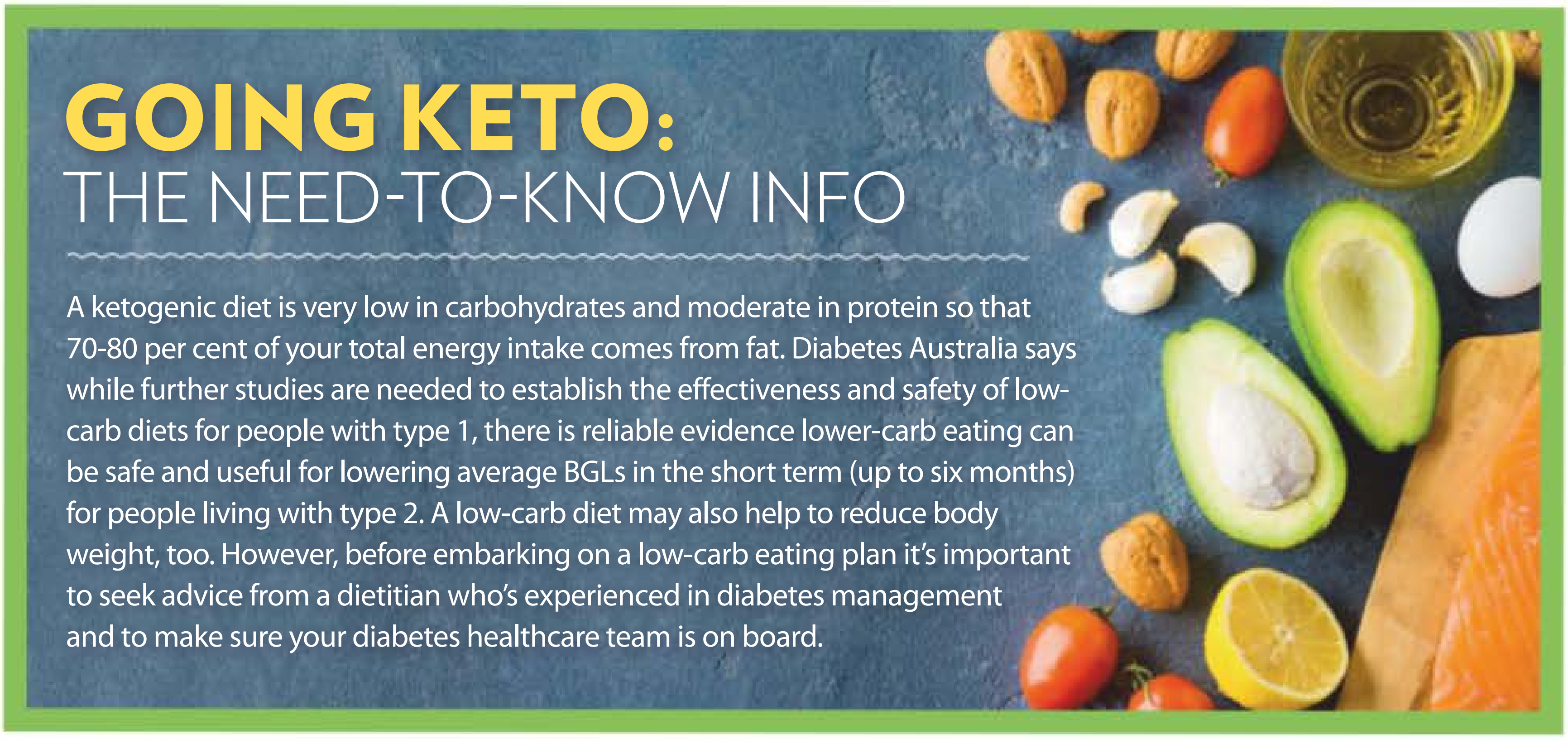
> **"Bob and I put our trip on hold, returned home and I found a new GP**

Lessons learned

"If I could turn back time I'd go back to when I was 30. If I'm honest, I knew I was overweight then but I didn't do anything about it. If I had, my diabetes might not have happened.

"I've also learned the importance of always keeping the long-term side effects of living with diabetes in mind. Now, I know that if I don't keep my diabetes under control I risk going blind or having a stroke or losing a foot. It's the desire to avoid any of those things happening to me in the future that's my incentive to lose weight and stay well. It's where I find the willpower to keep going and to make healthier choices every day.

"But probably the most important thing I've learned is how important it is to find a doctor you can relate to and who you feel is taking you and your health seriously. And not being afraid to change doctors and keep searching until you find that 'fit'. When it comes to your health, sometimes you have to listen to your gut. After my experience, my advice now is if something doesn't feel right, or you don't think you're getting the best care possible, trust your instincts and take action." ■



GOING KETO:
THE NEED-TO-KNOW INFO

A ketogenic diet is very low in carbohydrates and moderate in protein so that 70-80 per cent of your total energy intake comes from fat. Diabetes Australia says while further studies are needed to establish the effectiveness and safety of low-carb diets for people with type 1, there is reliable evidence lower-carb eating can be safe and useful for lowering average BGLs in the short term (up to six months) for people living with type 2. A low-carb diet may also help to reduce body weight, too. However, before embarking on a low-carb eating plan it's important to seek advice from a dietitian who's experienced in diabetes management and to make sure your diabetes healthcare team is on board.

Mums love magazines

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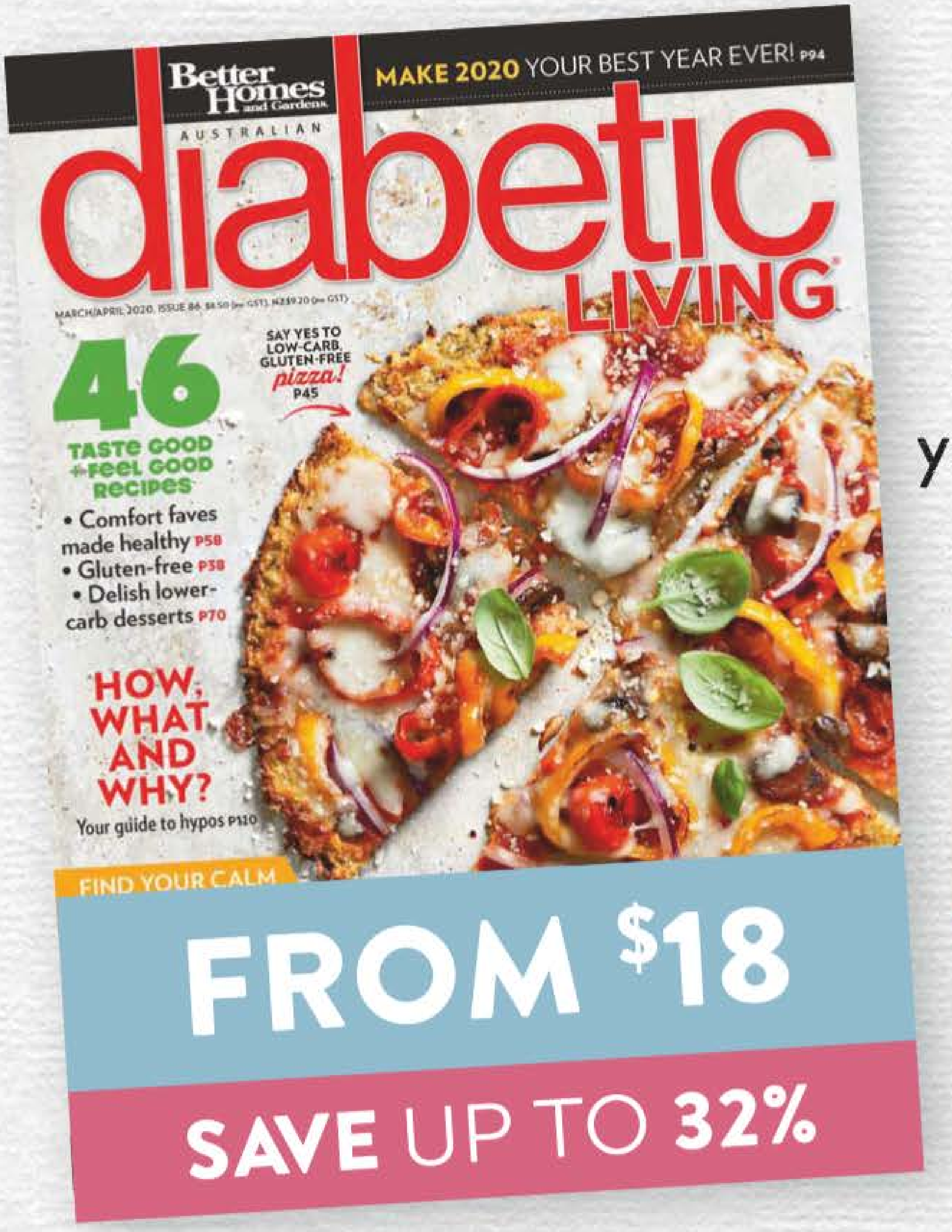

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Collecting items that make you smile can help you acknowledge the good in your life, which can lead to more positive thinking.

Cheer up your INNER CHATTER

Use positive self-talk to curb negative emotions and boost confidence

***BE INTENTIONAL** Positive self-talk doesn't just happen. It requires taking a step back, identifying that the conversations you have with yourself are negative, and working to think in a more balanced way. Just don't be too hard on yourself. "Reframing how you talk isn't easy and takes practice," says Mark Heyman, type 1, certified diabetes educator, psychologist and the founder and director of the Center for Diabetes and Mental Health in San Diego. If negative chatter slips back in, that's normal. To aid in identifying destructive thoughts, work with a mental health professional to help you develop the skill and learn the signs of sadness, hopelessness or fear, which often signal that negative thoughts are present.

*FACT CHECK THE NEGATIVITY

One solution to cultivate positivity? "Test your thoughts with facts," says Heyman. When you have a negative thought, act like a judge. Ask yourself: what evidence do I have that this thought is true or false? "You can then use that evidence to come up with a more realistic thought that's almost certain to be less negative," he explains. For instance, you may think that diabetes is making your life miserable, which is making you feel overwhelmed and hopeless about multiple areas of your life. However, after examining the situation, you may find that although diabetes does make some things challenging, you actually have a lot of things in life that make you happy.

*CREATE A HAPPY BASKET

Practising gratitude can help foster positive thinking. That's why Susan Hyatt, a master certified life coach and author of *Bare*, a book on cultivating body-love and self-love, recommends creating what she calls a happy basket. To do this, place a basket in a high-traffic area of your home, such as the kitchen. When something makes you happy – say a photo, finished book or card – place it in the basket. Every week, review your treasures and notice any trends. "You're collecting things over a week's time that fill you with gratitude and joy," she says. Acknowledging the good in your life will help to rebalance your outlook.

*FOCUS ON WHAT YOU CAN CONTROL

When you're dealing with diabetes, it's easy to let your mind drift to everything that could happen in the future. But try to resist the urge to keep thinking about all of the negative things that have occurred, are occurring or could occur. Focus instead on what you can do to take care of yourself right now. "Taking back control can often dispel negative thoughts," says Hyatt. It can help you live in the moment. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

Your (home) GYM'S ALWAYS OPEN!

You don't need to leave the house to get moving. This whole-body workout takes just 15 minutes

If only our fitness needs would hibernate for the winter. Alas, it's up to us to be active on a regular basis to stay strong and fit – even when the weather isn't on our side. Sure, we could join a gym or take classes at our local community centre, but that means leaving the comfy confines of our homes and braving the weather. So, we've created an efficient, heart-pumping workout that doesn't require you to do either.

*What you'll do

In this workout, you'll alternate between periods of effort and periods of rest. This on-off pattern of exercise, called interval training, allows you to work harder in a shorter amount of time than you would during continuous activity (such as a longer walk or bike ride). Adding interval workouts such as this one to your routine can lead to faster gains in fitness and insulin sensitivity than traditional workouts alone. The workout has two parts: the warm-up and the circuit. The warm-up will get blood flowing to your muscles. The circuit alternates between fitness-boosting and strength-building intervals for a total-body workout. You can do the circuit just once, or repeat it a few times for a longer training session.

*What you'll need

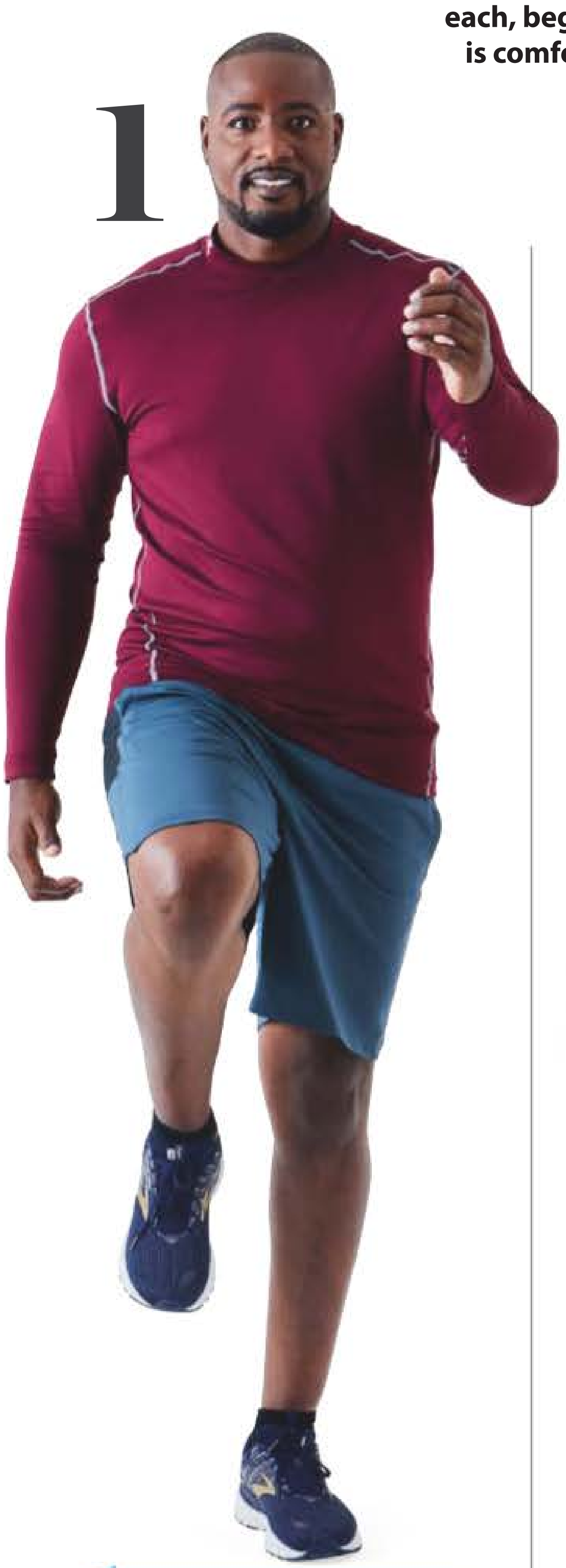
Comfortable sneakers, a timer or stopwatch and at least 15 minutes. ➤

3 MINUTES

The warm-up

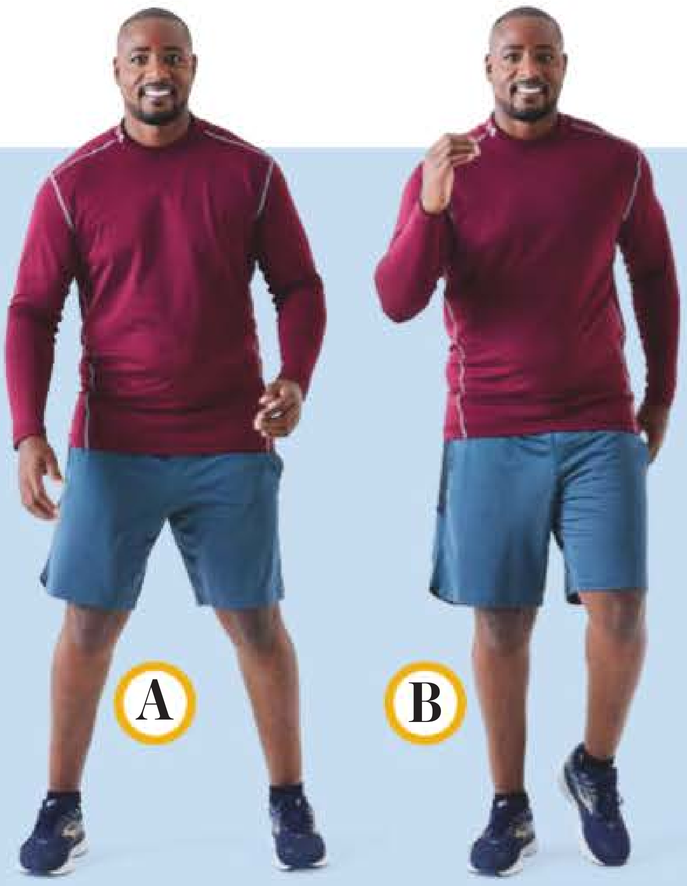
Wake up your muscles with these gentle moves. For each, begin slowly. Gradually increase your speed as is comfortable. Repeat each move for 30 seconds.

1



MARCH IN PLACE

Lift one foot off the ground, then the other. Gradually increase your knee height until your thighs are perpendicular to the floor.

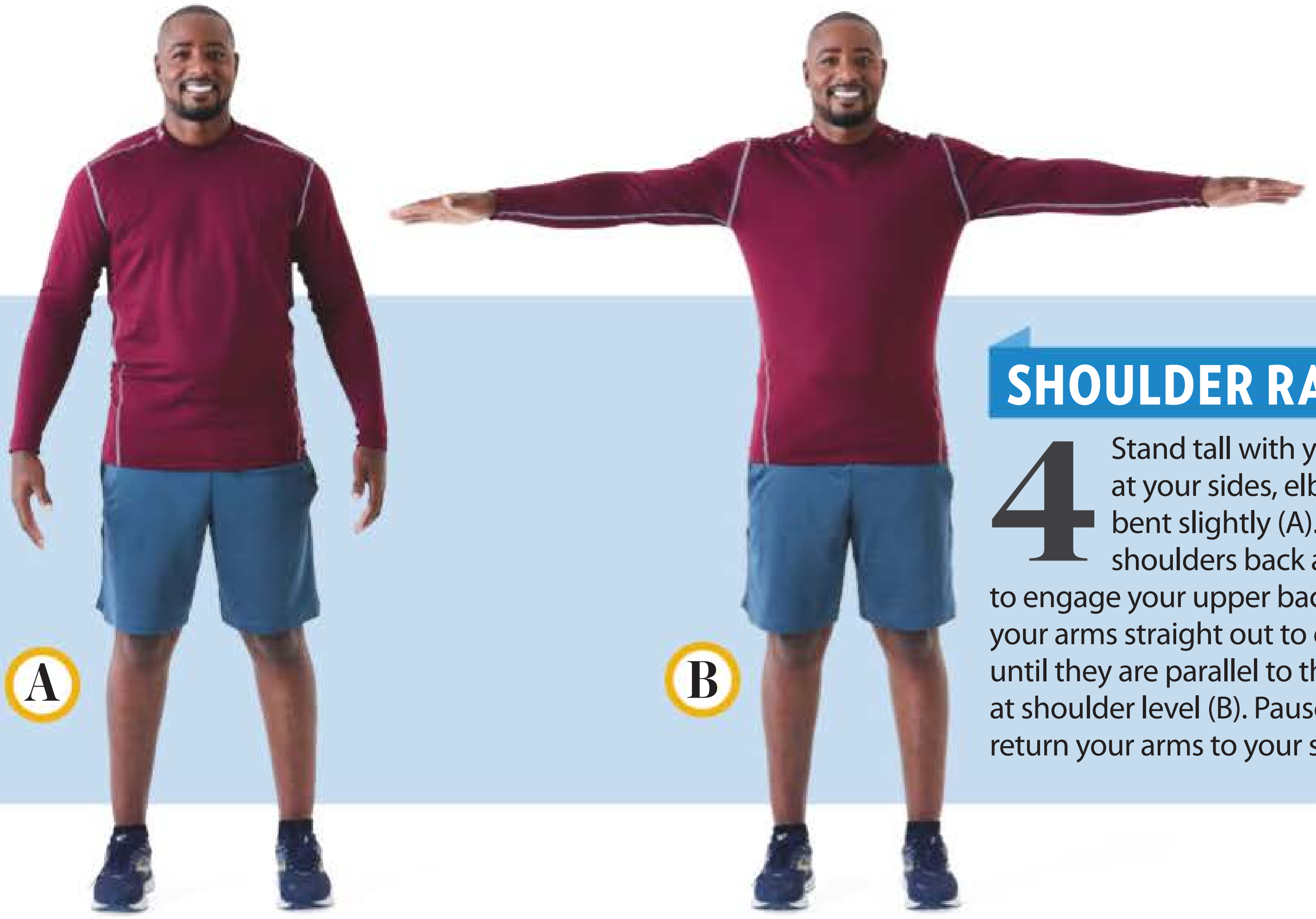


SIDE STEPS

2 Step to the right with your right leg (A). Step your left leg to meet the right, then tap your left foot on the floor (B). Then reverse the move: step to the left with your left leg, step with your right leg to meet your left, and tap your right foot on the floor.

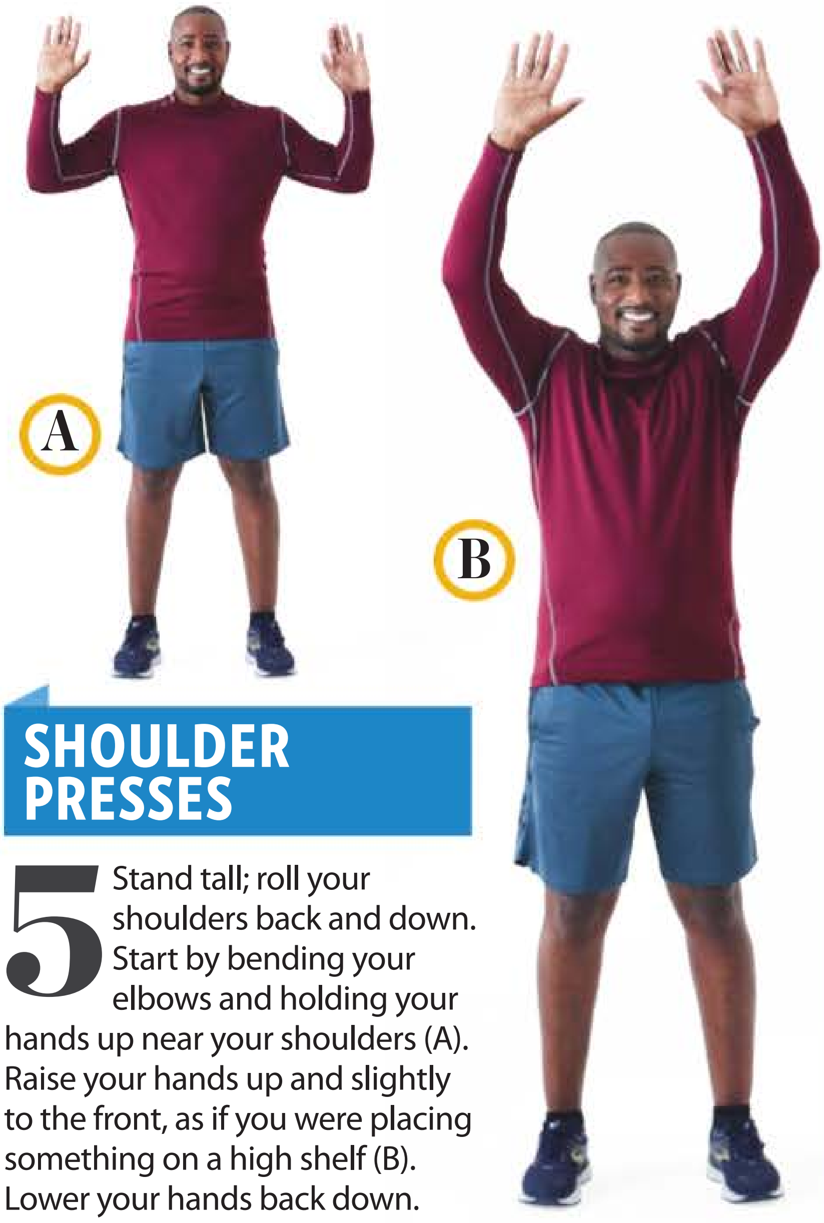
WALK FORWARD AND BACK

3 Clear your space. With your chest and head up, take three steps forward, walking heel to toe. Pause, then take three steps backward, walking toe to heel.



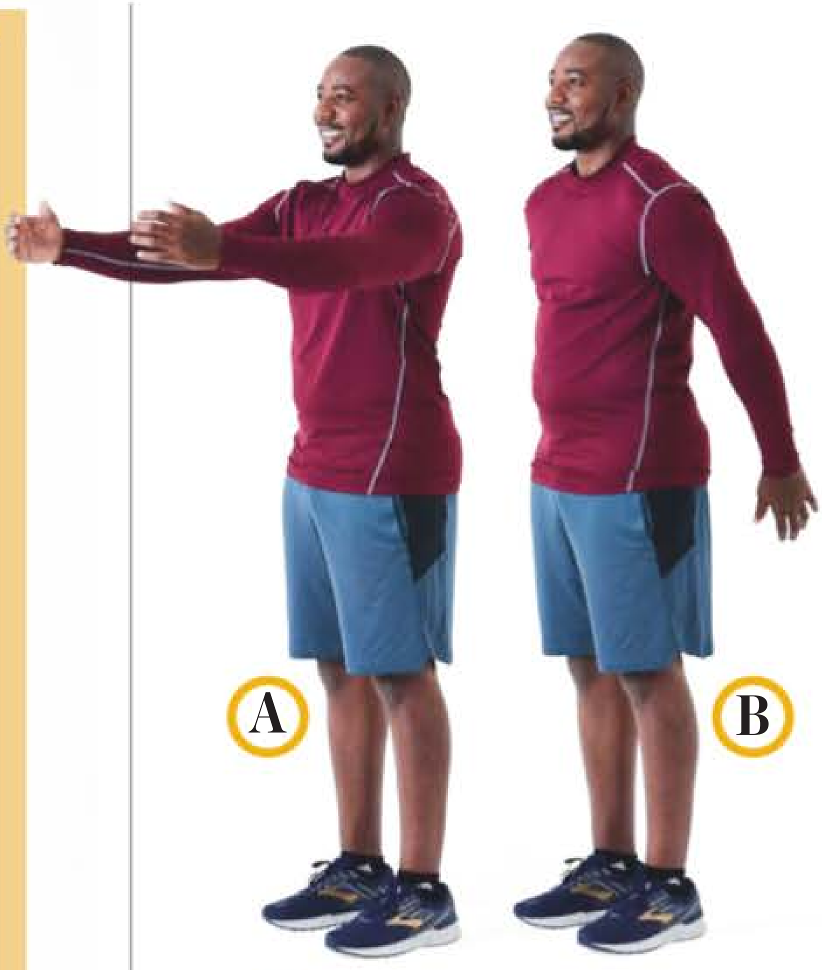
SHOULDER RAISES

4 Stand tall with your arms at your sides, elbows bent slightly (A). Roll your shoulders back and down to engage your upper back. Raise your arms straight out to each side until they are parallel to the floor at shoulder level (B). Pause, then return your arms to your sides.



SHOULDER PRESSES

5 Stand tall; roll your shoulders back and down. Start by bending your elbows and holding your hands up near your shoulders (A). Raise your hands up and slightly to the front, as if you were placing something on a high shelf (B). Lower your hands back down.



ARM SWINGS

6 Start with your arms at your sides. Swing your arms forward until they are parallel to the floor at shoulder level (A). Then swing your arms backward as far as is comfortable (B). ➤

12 MINUTES

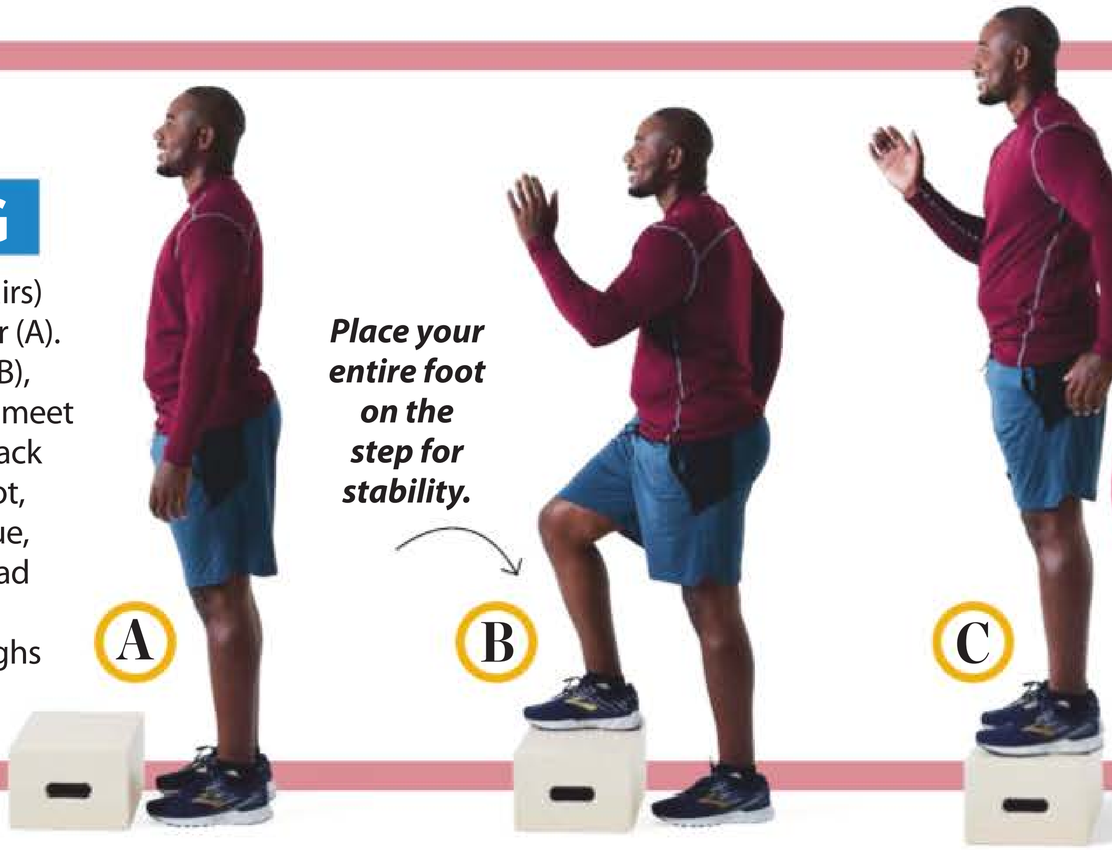
The circuit

Do the exercises in each interval for 2 minutes each, then rest for 1 minute. Then, move on to the next interval. For a challenge, repeat the circuit 2 or 3 times, taking 2 minutes of rest after each complete circuit.

Interval 1

STAIR STEPPING

Stand in front of a step (or stairs) with your feet flat on the floor (A). Step up with your right foot (B), then step your left foot up to meet it (C). Pause here, then step back down, first with your right foot, followed by your left. Continue, alternating which foot you lead with. Keep your chest up and your torso tall, using your thighs and glutes to raise you up.



Place your entire foot on the step for stability.

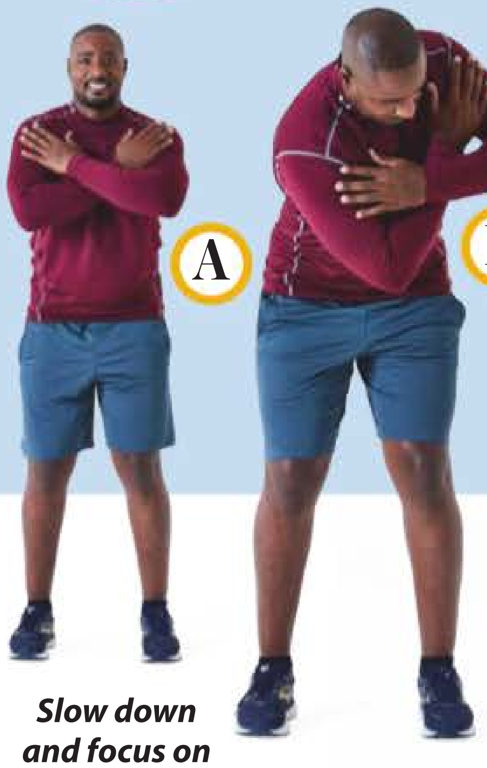
HIPS & THIGHS

ABS & BACK

Interval 2

STANDING TWISTS

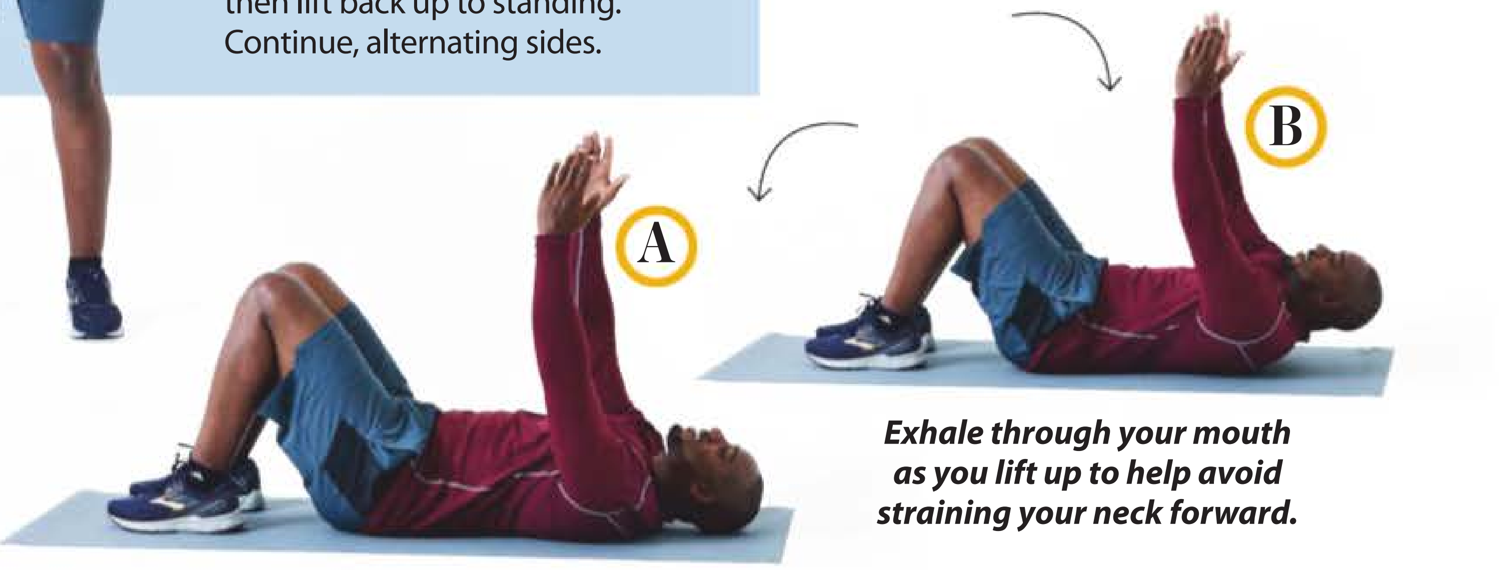
Stand tall with your knees soft and feet hip-width apart. Place your hands on opposite shoulders or elbows (A). Pull your belly button towards your spine and tuck your ribs in. Keep your shoulders back and down as you gently twist at the waist and bend forward to pull your right shoulder down towards your left hip (B). Pause, then lift back up to standing. Continue, alternating sides.



Slow down and focus on the movement to fully engage your muscles.

ABDOMINAL CRUNCHES

Lie on your back with your knees bent, feet flat on the floor and arms extended towards the ceiling (A). Relax your shoulders and gaze towards the ceiling as you use your abs to lift your shoulder blades off the floor, arms and chest reaching straight up (B). Pause here, then slowly lower your shoulder blades and head back down to the floor (A). Pause briefly, then repeat.

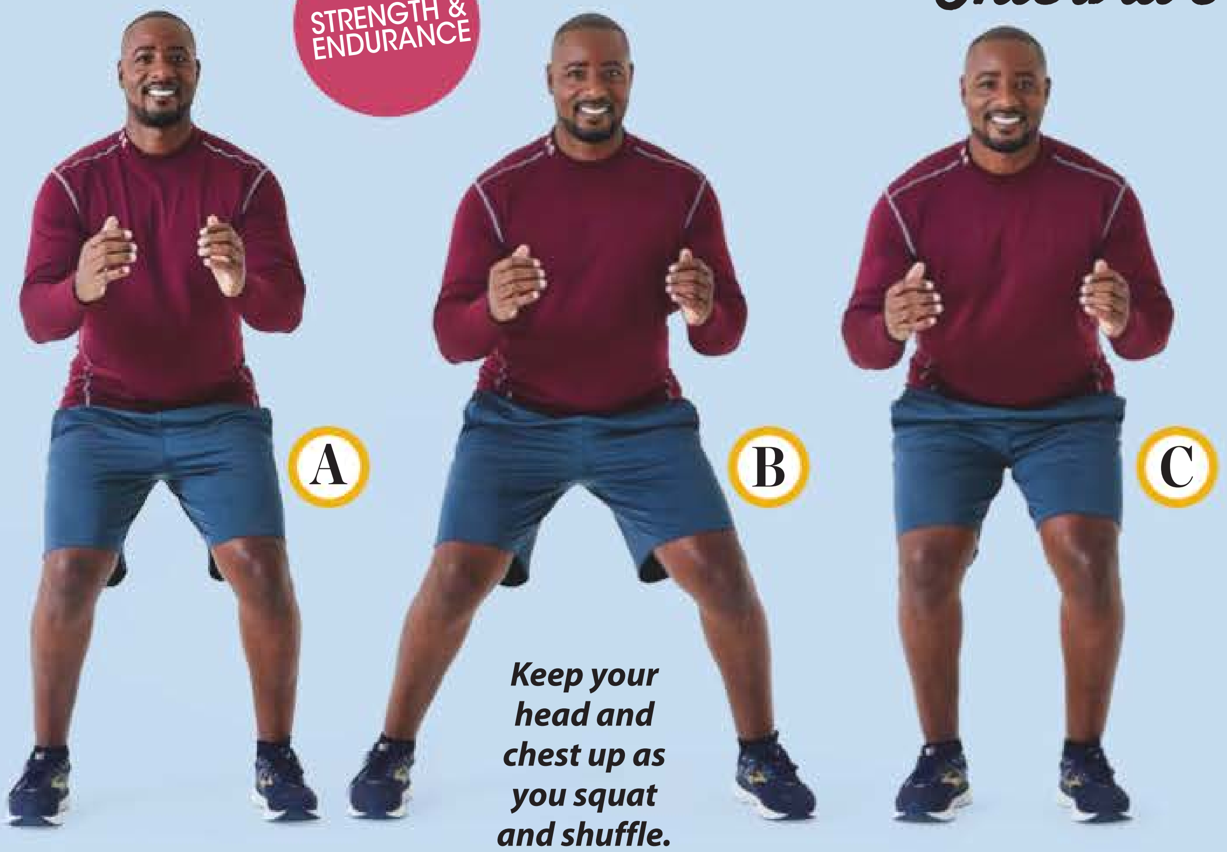


Exhale through your mouth as you lift up to help avoid straining your neck forward.

Interval 3

LATERAL SHUFFLE WITH SQUAT

STRENGTH & ENDURANCE



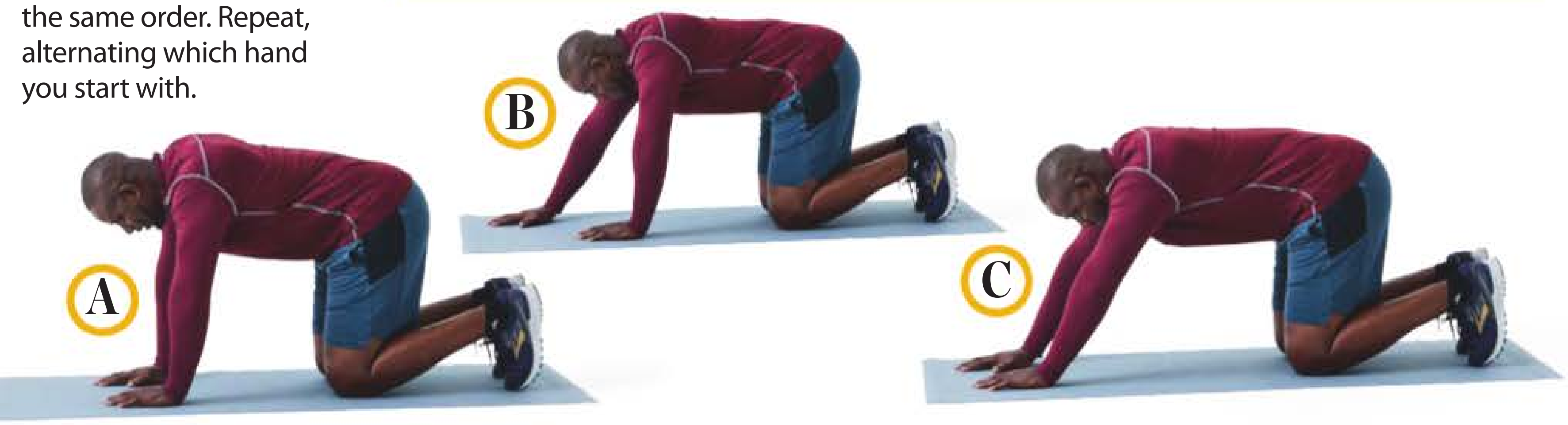
Stand tall with your feet hip-width apart, hands in front of your body for balance. Send your buttocks back to squat down slightly (A). Stay in this shallow squat as you take a wide step to the right (B). Step your left foot in so your feet are hip-width apart. Take a second step to the right with both feet, then lower down into a full squat by sending your buttocks back and down (C). Keep your knees behind your toes, and your chest up. Push through your heels to raise back up to a shallow squat. Repeat the entire sequence to the left. Continue, alternating sides.

Keep your head and chest up as you squat and shuffle.

Interval 4

MODIFIED WALKOUTS

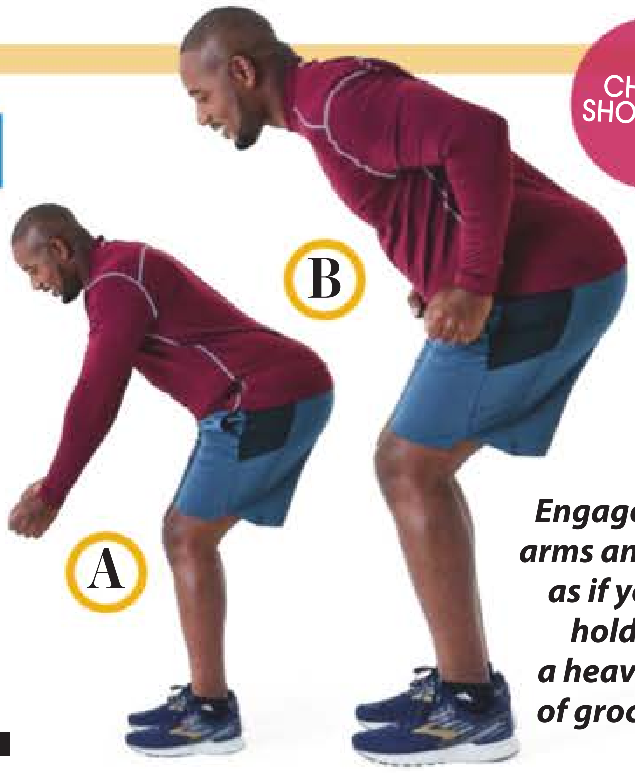
Start on all fours with your hands underneath your shoulders and your knees underneath your hips (A). Relax your shoulders away from your ears and pull your belly button towards your spine. Lift your right hand and place it about 15cm in front of its starting position (B). Repeat with your left hand (C). Hold for a couple of seconds, then walk your hands back to the start in the same order. Repeat, alternating which hand you start with.



STANDING ROW

CHEST & SHOULDERS

Stand with your feet hip-width apart. Hinge at your hips to lean forward slightly, sending your buttocks behind you. Bend the knees and gaze forward. Extend your arms towards the floor, palms facing each other (A). Bend your elbows as you pull your arms up and back (B). Hug your elbows in as you lift, then pause and squeeze your shoulder blades together at the top. Slowly lower your arms back to the start. Repeat. ■



Engage your arms and back as if you're holding a heavy bag of groceries.

WORDS MICAELA YOUNG **PHOTOGRAPHY** JASON DONNELLY
WORKOUT ROBERT POWELL **MODEL** CRAIG BENNETT

YOUR puzzles

Grab a cuppa and settle down on the couch to test your grey matter!

Sudoku

Test your brain with a quick Sudoku puzzle

4				9				2
	8		4		6			
	6	5			7			4
5		3	7		9	4		
		2				3		
		6	8		3	2		5
3			9			8	2	
			6		5		7	
6				8				9

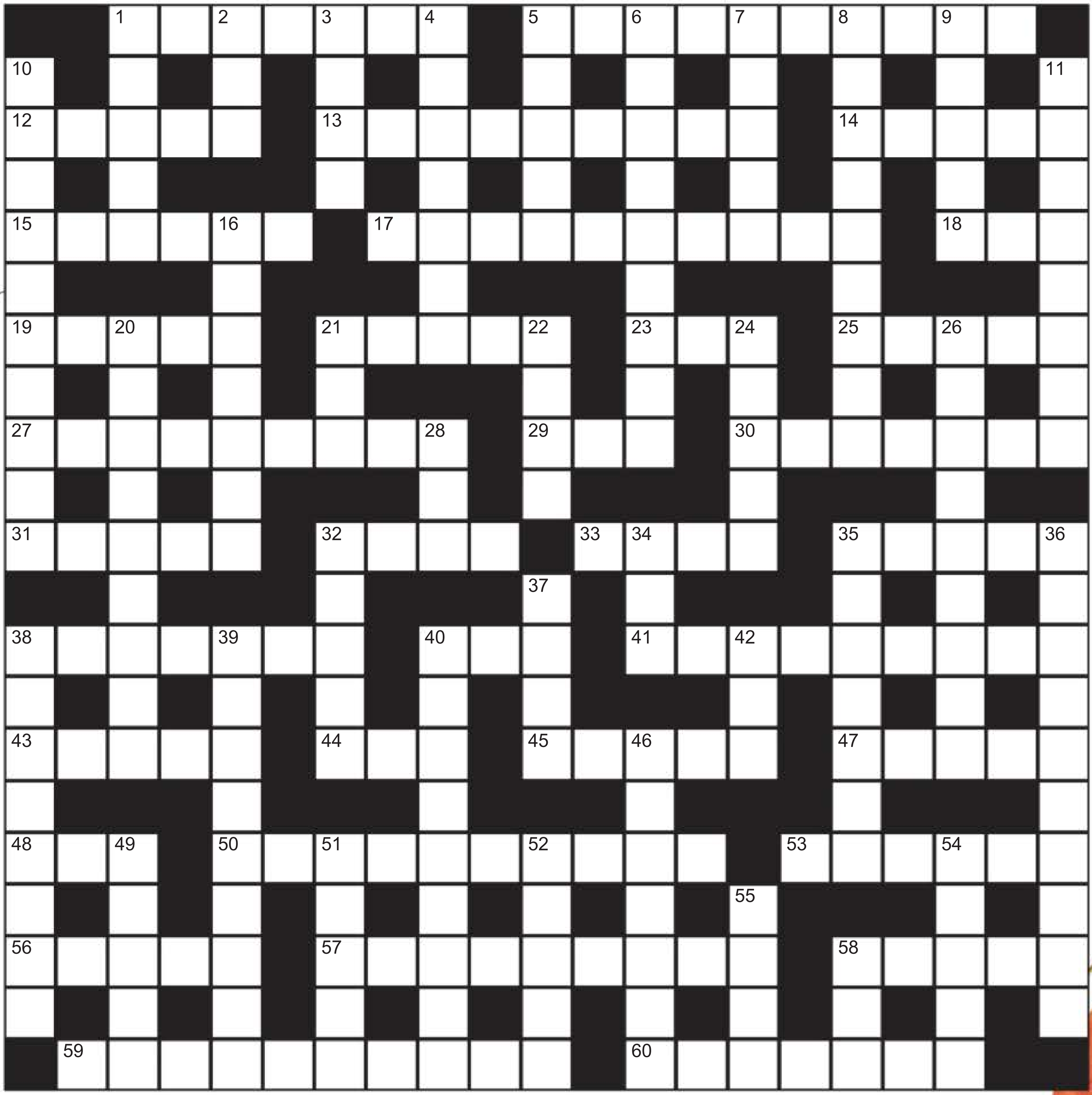
Puzzles help to keep your brain active and agile

Crossword puzzle

Sink your teeth into our challenging crossword

ACROSS

1 Leafy green vegetable that gave Popeye his strength (7)
5 From Sydney or Melbourne, eg (10)
12 Chap (5)
13 Boisterous revelry (9)
14 Variety of quartz (5)
15 Most senior (6)
17 Thin kind of pasta (10)
18 Small amount (3)
19 Japan's capital (5)
21 Social division (5)
23 Sir – Botham, cricketer (3)
25 Deduce (5)
27 Genuine (9)
29 – West, actress known for her double entendres (3)
30 Unpredictable (7)
31 Cram for a test (5)
32 Number in a quartet (4)
33 Young Men's Christian Association (1,1,1,1)
35 Chocolate powder (5)
38 Policeman (7)
40 Wheel mounted on a rotating shaft (3)
41 Admits to (9)
43 Large Greek island (5)
44 Desire (3)
45 Tom –, fairytale character (5)
47 Slag (5)
48 Egg cells (3)
50 Magazine, journal (10)
53 Factual miscellany (6)
56 Banish from one's homeland (5)
57 Nutritionist (9)
58 Wreak –, cause a lot of damage (5)


1 2 3 4 5 6 7 8 9
10 11
12 13 14
15 16 17 18
19 20 21 22 23 24 25 26
27 28 29 30
31 32 33 34 35 36
37
38 39 40 41 42
43 44 45 46 47
48 49 50 51 52 53 54
55
56 57 58
59 60

59 Person in charge of the selling of lots by bidding (10)
60 Handled or employed wrongly (7)

DOWN

1 Remained standing (5)
2 – *Been Everywhere*, song (1'2)
3 Covered in embers (4)
4 Fit horses to cart (7)
5 At right angles to the keel of a ship (5)
6 Discriminating (9)
7 – flush, poker hand (5)
8 Obligation to pay (9)
9 Nautical command (5)
10 Goals (10)
11 Delivered (8)
16 Soon (7)
20 Commotion, rumpus (of Scottish origin) (9)
21 Car for hire (3)
22 – Thompson, British actress who starred in *Howards End* (4)
24 South Coast NSW town (5)
26 San –, Californian city (9)
28 Australian coat-of-arms bird (3)
32 Passenger boat (5)
34 Raincoat (3)
35 Full-flavoured English cheese (7)
36 Help, support (10)
37 Give off, radiate (4)
38 Quick inspection (4-4)
39 Eeriest (9)
40 Chinese language (9)
42 Apprehend (3)
46 Mined element (7)
49 French farewell (5)
51 Wireless (5)
52 Colder, more chilled (5)
54 Bright (5)
55 Burden of responsibility (4)
58 Possesses, owns (3)

Solutions on page 132

puzzles

Code cracker

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that C=23, L =11, and M=9. You can record each letter as you work it out in the letter checker at the bottom of the grid, and strike each one off in the columns on either side of the grid.

A
B
C
D
E
F
G
H
I
J
K
L
M

			10		7		8		19		7		15		23		2			
3	10	4	23	26	5		22	19	20	25	4	9	20		4	2	26	3	7	
19			17		19		26		7	26	5		12		11		11			6
20			10		10	26	19	10	14	4		10	18	10	9	5	11	20	16	8
4	1	4	11	10	4					6						22				20
11			22		13	20	7	21	26	4	11	20	16	20	10	13				12
7	3	4	12	1	4		20		7		10				21		5	19	20	25
	22				2		7	5	20	19	4	11	7		26				12	
9	22	4	12		11				12		19		14		10	18	23	10	7	7
26				12	10	24	7	4	25	10	12	23	20	10	7		4			3
11				26						11					3	4	11	11	10	19
23	22	26	19	3	10	22	26	7		16	22	19	25	10	19		23			26
17			22		11		19		4	20	9		20		20		20			9
	3	22	22	11	7		12	4	12	12	20	10	7		4	9	26	7	10	7
			3		10		7		13		3		3		12		9			

N
O
P
Q
R
S
T
U
V
W
X
Y
Z

1	2	3	4	5	6	7	8	9	10	11	12	13
								M		L		
14	15	16	17	18	19	20	21	22	23	24	25	26
									C			

Turn upside down for puzzle solutions

puzzles solutions

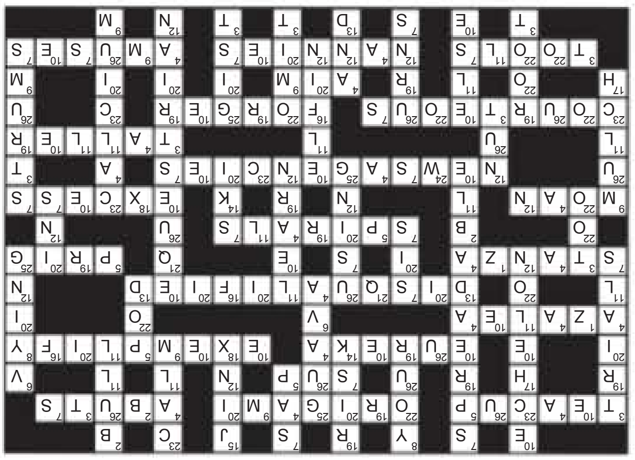
Sudoku

4	3	7	1	9	8	6	5	2
2	8	9	4	5	6	7	3	1
1	6	5	2	3	7	9	8	4
5	1	3	7	2	9	4	6	8
8	9	2	5	6	4	3	1	7
7	4	6	8	1	3	2	9	5
3	5	4	9	7	1	8	2	6
9	2	8	6	4	5	1	7	3
6	7	1	3	8	2	5	4	9

Crossword

Across: 1 Spinach, 5 Australian, 12 Bloke, 13 Horseplay, 14 Agate, 15 Eldest, 17 Vermicelli, 18 Tad, 19 Tokyo, 21 Caste, 23 Ian, 25 Infer, 27 Veritable, 29 Mae, 30 Wayward, 31 Study, 32 Four, 33 YMCA, 35 Cocoa, 38 Officer, 40 Cam, 41 Confesses, 43 Crete, 44 Yen, 45 Thumb, 47 Dross, 48 Ova, 50 Periodical, 53 Trivia, 56 Exile, 57 Dietician, 58 Havoc, 59 Auctioneer, 60 Misused.
Down: 1 Stood, 2 I've, 3 Ashy, 4 Harness, 5 Abeam, 6 Selective, 7 Royal, 8 Liability, 9 Avast, 10 Objectives, 11 Rendered, 16 Shortly, 20 Kerfuffle, 21 Cab, 22 Emma, 24 Nowra, 26 Francisco, 28 Emu, 32 Ferry, 34 Mac, 35 Cheddar, 36 Assistance, 37 Emit, 38 Once-Over, 39 Creepiest, 40 Cantonese, 42 Nab, 46 Uranium, 49 Adieu, 51 Radio, 52 Icier, 54 Vivid, 55 Onus, 58 Has.

Code cracker



ADDITIONAL PHOTOGRAPHY GETTY IMAGES

DARWIN WATERFRONT PRECINCT to MINDIL BEACH

NORTHERN TERRITORY

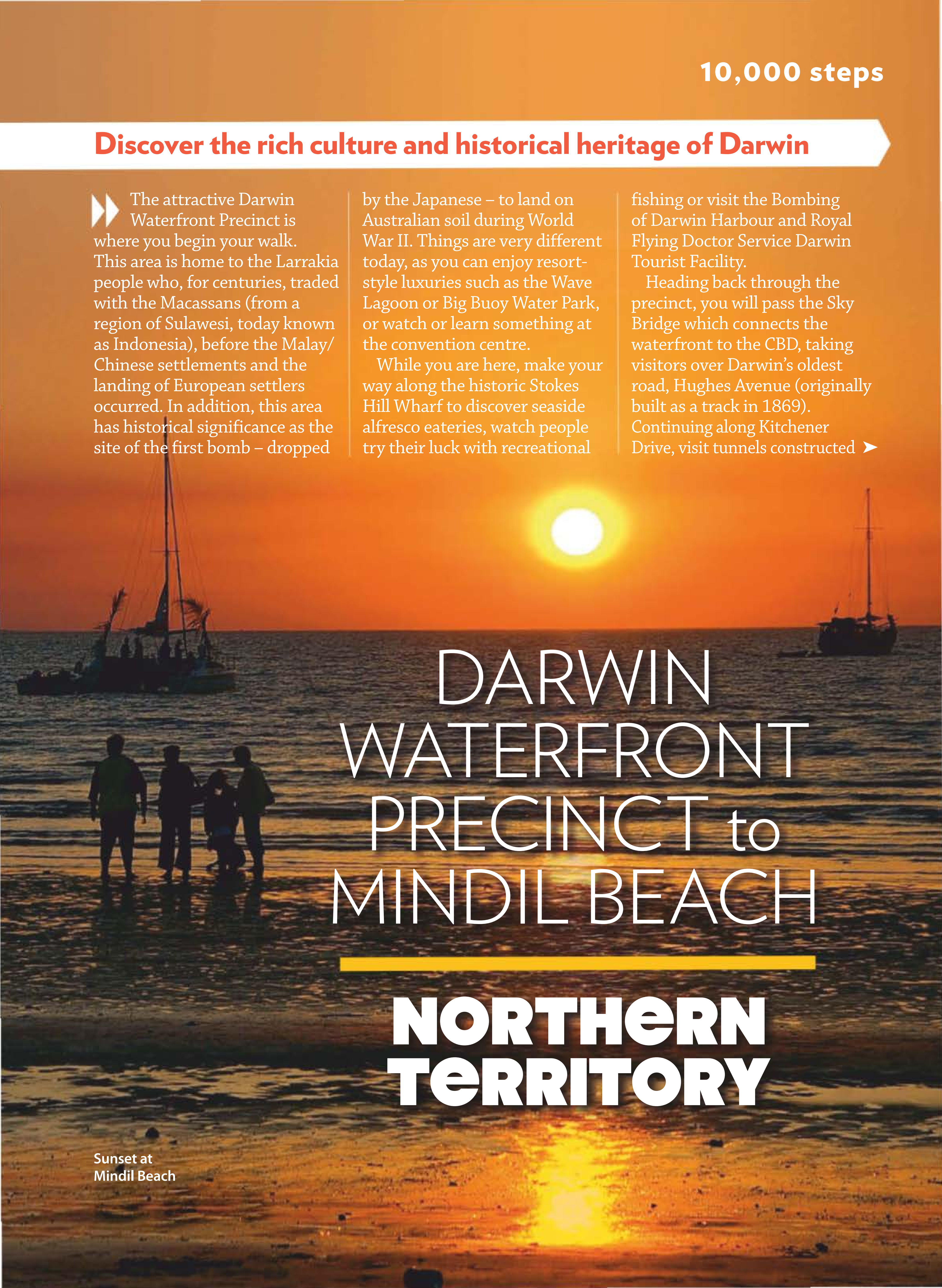
Discover the rich culture and historical heritage of Darwin

The attractive Darwin Waterfront Precinct is where you begin your walk. This area is home to the Larrakia people who, for centuries, traded with the Macassans (from a region of Sulawesi, today known as Indonesia), before the Malay/Chinese settlements and the landing of European settlers occurred. In addition, this area has historical significance as the site of the first bomb – dropped by the Japanese – to land on Australian soil during World War II. Things are very different today, as you can enjoy resort-style luxuries such as the Wave Lagoon or Big Buoy Water Park, or watch or learn something at the convention centre.

While you are here, make your way along the historic Stokes Hill Wharf to discover seaside alfresco eateries, watch people try their luck with recreational fishing or visit the Bombing of Darwin Harbour and Royal Flying Doctor Service Darwin Tourist Facility.

Heading back through the precinct, you will pass the Sky Bridge which connects the waterfront to the CBD, taking visitors over Darwin's oldest road, Hughes Avenue (originally built as a track in 1869). Continuing along Kitchener Drive, visit tunnels constructed

➤



Sunset at Mindil Beach

Darwin's Waterfront Precinct

ABOVE: The Wave Lagoon. LEFT: Crocodile encounters at Crocosaurus Cove. BELOW: Taking in the Mindil Beach Sunset Markets.

during the war to protect Darwin's oil supplies from the Japanese. Today, as the WWII Oil Storage Tunnels, they house photographs and information about their role in the war.

Continue towards the Northern Territory's oldest European building, Government House. Despite being bombed during the war, and further damaged during three major cyclones, the building has been restored multiple times to maintain as much detail as possible of the original building, constructed in 1878.

Heading towards the Esplanade, you'll find a concrete walkway that leads you through the tropical rainforest towards Lameroo Beach. Nestled against the cliffs, this was once the location of historic baths (1922-1974). Designed to keep the crocodiles out, the baths were less successful at keeping the box jellyfish out, resulting in a number of deaths. When Cyclone Tracy wreaked havoc in 1974, they were destroyed.

Overlooking the harbour is Bicentennial Park. Shaded by tropical trees, this popular green space offers picturesque views over the harbour. Walking through the park, make your way past the Bicentennial Park Lookout, and to the main road, where you will spot the historic Lyons Cottage, originally built in 1925 to house the executives of the British Australia Telegraph Company and their families.

Today, Lyons Cottage is managed by the Museum and Art Gallery of the Northern Territory and leased by Ironbark Aboriginal Corporation, which has turned the home into one of Darwin's top attractions. Known as Aboriginal Bush Traders, this retail store has unique, authentic and ethically-sourced gifts, art and products from across the NT.

Turn left onto Knuckey Street, and again onto Mitchell Street, and you will find yourself in the heart of Darwin City and at Crocosaurus Cove. This attraction is home to the world's largest display of Australian reptiles, including some of Australia's largest saltwater crocodiles.

After you visit the crocs (or take note of the location for another day), turn left onto Peel St and

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** TOURISM NT/SHAANA MCNAUGHT, GETTY IMAGES

then right back into Bicentennial Park. Walking through the shaded park, you pass the *USS Peary* Memorial. Standing as a tribute to the 91 sailors who went down with the destroyer *USS Peary* in 1942, is the restored gun salvaged from the wreck in the 1950s.

Continuing through the park, you will approach Aquascene. This area is known for a unique and natural phenomenon that, since the early '50s, has seen the waters flooded with hundreds of milkfish, catfish, barramundi and more, who are after a free feed. However, this phenomenon only occurs during high tide, so be sure to check online (aquascene.com.au) so you don't miss it!

Walking up Daly Street, turn left onto Gardens Road and follow through Gardens Park on your left until you spot the George Brown Darwin Botanic Gardens on your right. Laid out over 42 hectares, these gardens hold collections of tropical species, baobab and boab trees, primitive plants – those believed to have been 'what the dinosaurs ate' – and a stunning waterfall deep within the rainforest. Overwhelmed with where to start? The Darwin Botanic Gardens mobile app displays points of interest within the gardens and also features self-guided walking tours.

When you are ready to wind down, head across to Mindil Beach to celebrate the completion of your walk over a sunset like no other. If you're here on a Thursday or Sunday, explore the 200-plus unique stalls at the Sunset Markets (which return on Thursday, 30 April). ■

BEWARE OUT THERE!

Darwin is hot and humid all year round and you can expect heavy rainfall during the Wet Season (October to April). To ensure you look after yourself – no matter what month of the year – always check the weather before you walk, carry and drink plenty of water, use sunscreen (and wear a hat!), avoid walking in the middle of the day (the weather is at its hottest) and, above all, take 'no swimming' signs seriously… saltwater crocodiles roam the waters here!

DANGER
CROCODILES
NO
SWIMMING

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1

BREATHE BETTER

A study published in Diabetes Care found adults with type 1 or 2 are 8 per cent more likely to have asthma, and nearly twice as likely to be hospitalised for pneumonia. Although scientists are delving deeper to better understand the connection between diabetes and lung health, some studies suggest an increase in BGLs and/or inflammation in the body decreases lung capacity and function.

With May being Lung Health Awareness Month, here are some quick and easy ideas for better lung health:

- **Quit smoking.**
- **Exercise regularly** and eat a healthy diet.
- **Monitor air quality,** and avoid exposure to pollutants and smoke. Use an Air Quality phone app to monitor the air around you.
- **Have vaccinations** and maintain hygiene to protect against influenza and pneumonia.
- **Do a 2-minute** Online Lung Health Check at lungfoundation.com.au.

2

MOVEMENT MEDITATION

We understand that meditation isn't for everyone, but what if you could do it without intentionally doing it? The hula hoop is making a comeback, for more positive reasons than your inner child can handle. Not only is it getting those hips swinging, but it is the perfect exercise to challenge your abdominal muscles, forearms, biceps, gluteals and, well… all those leg muscles! As it puts so many muscles into practice, the hula hoop

helps to improve your balance, raise your heart rate and burn calories. Even more, as you become so focused on not letting the hoop drop, you find yourself no longer thinking about those everyday struggles that your mind fixates on – win, win!

There are classes across the nation that you can attend, with many studios and instructors catering for children right through to those who are aged 60+. Rather do this in the comfort of your own home? No dramas: grab a hoop that stands from your belly button to the tips of your toes, put on some good music – or tune into an online tutorial on YouTube – and get your hula on!

3

BURNING OUT?

Do you ever have those moments where you just don't want to manage, or live with, diabetes anymore? You're not alone. Chronic illnesses have often been described as like running a marathon: even some of the most elite athletes collapse at the finish line as they've exhausted their energy levels. Likewise, being constantly switched on and thinking about your diabetes without a break means it is only a matter of time before it takes an emotional and psychological toll on your body.

Diabetes burnout is unavoidable, but there are things you can do to address burnout and minimise the effect it may take on your life:

- **Try mindfulness techniques** such as yoga, meditation or deep-breathing exercises to help balance your mind and keep you grounded.
- **Practice self-care** by introducing positive self-talk and self-compassion into your daily routine, and admitting that sometimes diabetes is out of your control, but you're doing the best you can.
- **Talk to someone** – be it a professional, someone you trust or a fellow person with diabetes. Sometimes getting it off your chest is all you need.
- **Lastly,** make time for you. Whether it's attending a dance or pottery class, reading a book or completing a puzzle, do something that makes you happy and takes your mind off things. ➤

4

PROTECT YOURSELF

Winter is right around the corner, so now's the time to get vaccinated. As people living with diabetes are three times more likely to be hospitalised from the flu, it is important that you and your entire family get vaccinated from influenza; after all, it just takes one cough or sneeze for a contagious virus to spread from one person to another.

Before you get vaccinated, talk to your healthcare team about the effects the influenza vaccine may have on your diabetes management. Further, ensure you discuss the best actions you should take when you become sick.

As people with diabetes – especially those with higher BGLs – are at a greater risk of contracting a variety of infectious diseases, it is important that you act vigilantly as the **coronavirus or Covid-19** continues to spread. If you have symptoms, such as a high temperature, dry cough and feeling short of breath, closely monitor your BGLs and call your GP's practice for best action.

20
21
FLU SHOT
27
28

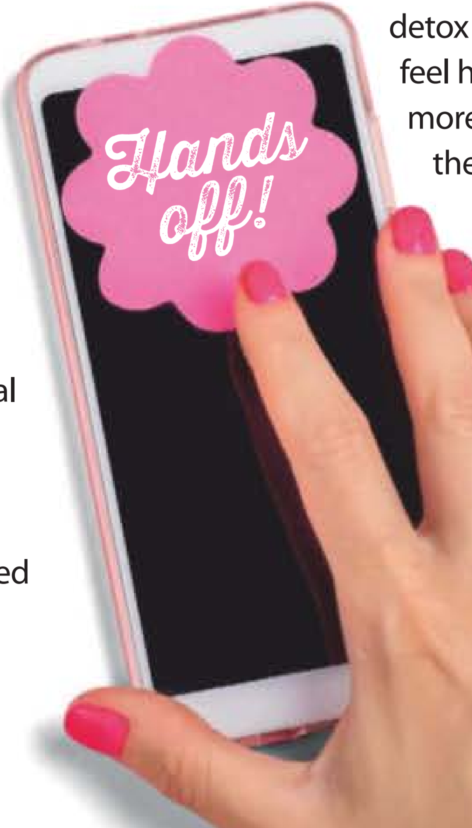
digital
DETOX

5

SAY GOODBYE TO YOUR PHONE

As the smartphone has become an extension of our hand, a recent survey found Aussies are spending 10.2 hours a day using interactive digital technology. Another study by Swedish researchers found a heavy use of technology has been linked with increased stress levels and sleeping issues. Further studies by the American Journal of Preventative Medicine and the National Institute of Mental Health, respectively, found heavy social media users are twice as likely to experience social isolation, and are more likely to suffer depression. And a study dubbed 'The Facebook Experiment' by Denmark's Happiness Research Institute concluded those who abandoned Facebook for just one week were happier, more decisive and enthusiastic, and less worried, lonely and stressed, compare with their counterparts.

If this is enough to get you to quit your phone and/or social media, try leaving your phone at home, remove social media apps or limit your scrolling. A little detox will help you feel happier and more connected to the world around you. ■



WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

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KEY 🔵 Freezable 🟡 Gluten free 🟠 Gluten-free option 🟢 Vegetarian 🟣 Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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Editor's note

Add this fantastic cookbook to your diabetic culinary collection. These easy recipes are designed to help you manage your blood glucose levels - deliciously! Don't miss this wonderful cookbook AND a **29% annual saving** when you subscribe to *Diabetic Living*.

Alix

Alix Davis, **Editor**

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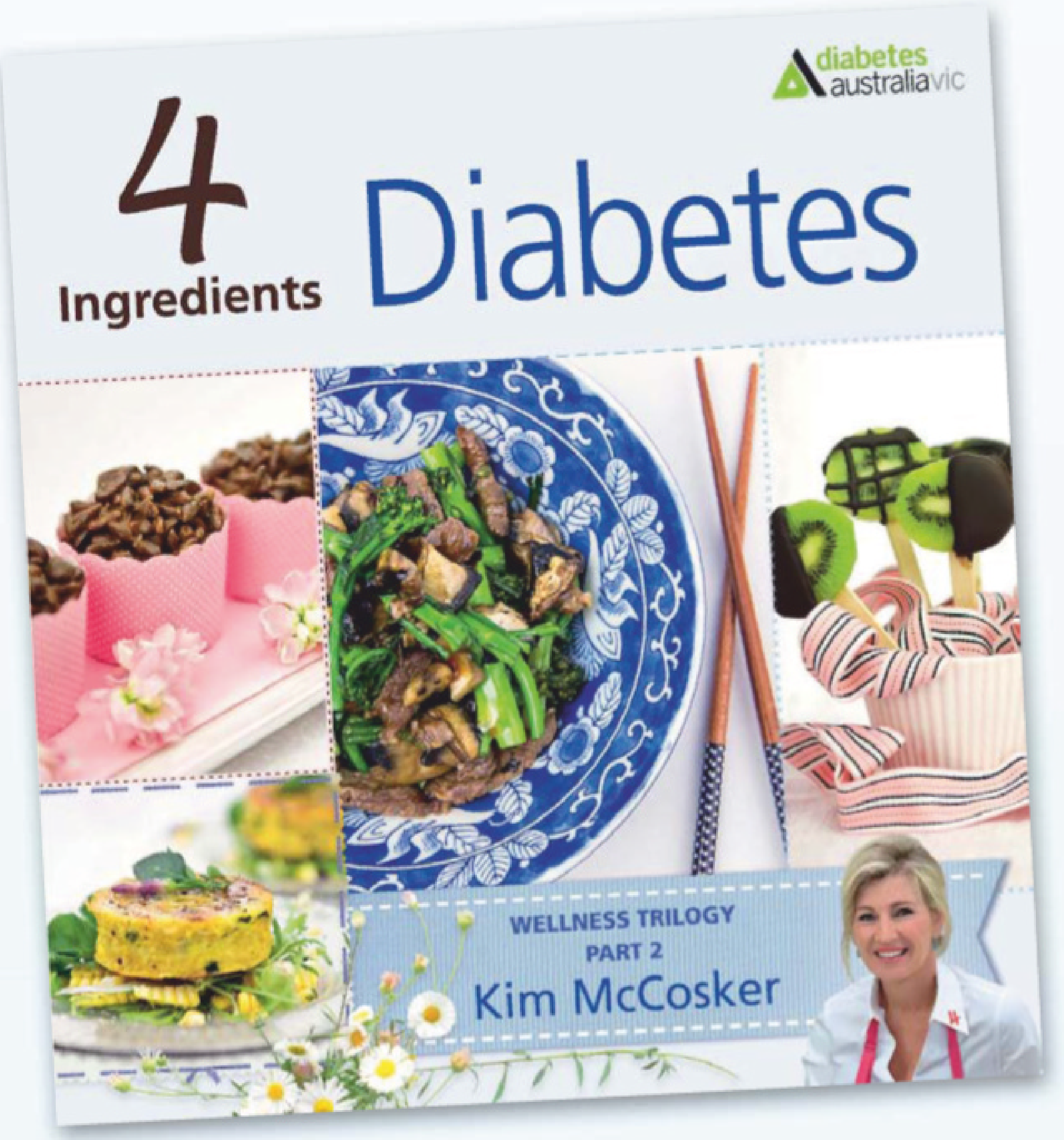
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COVID-19 YOUR PREP PLAN

Dr Kate Marsh explains how to be prepared for illness

Minimise your risk

People with diabetes are in the 'high risk' group when it comes to being impacted by the coronavirus. The same can be said for the seasonal flu.

Having diabetes increases the chances of getting very unwell if you are infected with a virus. For this reason, it's especially critical you take steps to avoid becoming unwell and have a plan to manage diabetes and health if you do.

The best way to reduce the risk of infection is good hygiene, especially washing hands often with soap and water – including before and after eating or prepping food and after using the toilet. When this isn't possible, use alcohol-based hand sanitisers. Physical distancing and self-isolation will also help. Learn more at health.gov.au.

How to avoid complications

1 **Have a sick-day plan.** This should have details of how often to check your BGLs (and whether you need to check your levels when unwell if you have type 2 and don't usually self-monitor), when and how to adjust your medication (particularly if you are taking insulin), when to contact your doctor or diabetes team, and emergency contact numbers. If you don't have a plan, your doctor or diabetes educator can help you develop one. If you do have one, make sure it is up-to-date.

2 **Prep a sick-day kit, with:**

- **a copy** of your sick-day plan.
- **BGL** monitoring equipment.
- **ketone test strips** (blood or urine) if you have type 1 or are taking diabetes medications called sodium-glucose co-transporter-2 inhibitors (such as Forxiga, Jardiance, Xigduo, Jardiamet and Qtern).
- **hypo treatments,** if taking insulin or sulphonylureas (such as Diamicron, Daonil, Glyade, Minidiab, Glimel and Amaryl).
- **food and drinks** for sick days, including both sweetened and sugar-free fluids.
- **pain relief** medication and a thermometer.

If you already have a sick-day kit, check that it is well-stocked and everything is still in-date.

When to seek help

Diabetes Australia recommends seeking help immediately if you:

- **are drowsy** or confused.
- **have deep** rapid breathing or shortness of breath.
- **have a 'fruity'** odour to your breath (a sign of DKA).
- **can't keep food** or fluids down, with persistent vomiting, diarrhoea and/or stomach pain.
- **are showing signs** of dehydration (such as extreme thirst, weakness, confusion and/or lack of urination).
- **have BGLs** that continue to rise, even in following your plan.
- **have difficulty** keeping your BGLs above 4mmol/L.
- **are not well** enough to follow your sick-day action plan or you don't have anyone to help you.

Also make sure you have plenty of medication, insulin and diabetes supplies, in case you need to be in isolation. However, the Department of Health says there is no need to stockpile, as there are no current shortages or supply issues, and overbuying can stop other people with diabetes getting their medications and supplies.

What if you become unwell?

- **Start following** your plan.
- **Let someone** know you are unwell, particularly if you're alone.
- **Drink plenty** of fluids and keep eating, if possible.
- **If you self-monitor** your BGLs, particularly if you have type 1, check them more often.
- **Keep taking** your diabetes medications, unless your plan advises otherwise – you may need to stop some medications if you are unable to eat, are vomiting and/or have diarrhoea, so check with your doctor or diabetes educator if you are unsure.
- **Keep taking** insulin and expect to increase your doses – even if you are unable to eat, it's crucial not to stop taking insulin, even though doses may need adjusting.
- **Contact your doctor** or diabetes educator if you need help.
- **Seek urgent** medical care if needed. ■

For more on managing sick days, download a free NDSS fact sheet at ndss.com.au/living-with-diabetes/health-management/sick-days/

WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

Lose weight & boost your energy!

Plus, help your immune system, bones and muscles…

For a healthier life, good nutrition is vital. It helps with your weight, boosts your energy and immune system and improves your wellbeing.

So an Australian dietician developed low GI BodyCare Nutrition Revitalise. It is a delicious multi-vitamin and mineral health shake. Revitalise is a very low calorie formula and contains essential amino acids and fibre. It also has a low glycemic load.

Good nutrition starts with healthy eating. Reaching for a biscuit, chocolate bar, cake or soft drink can be very tempting at times. Consuming too many of these foods can play havoc with your blood sugar levels. You may even gain weight. If any of this sounds familiar you should try Revitalise.

Weight loss and weight management made easy Carrying excess weight can change the way your body reacts to Insulin. At only 140 calories per serve, Revitalise makes it easy for you to better manage your weight and lose weight. With low GI Revitalise, carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces Insulin load and Insulin resistance.

Reduces Insulin levels The combination of Low GI and healthy levels of protein and fibre means Revitalise helps to stop grazing or snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which reduces blood glucose and Insulin levels.

Revitalise helps stop unwanted weight gain. It can even help you to lose weight and keep it off, when part of a healthy eating plan and exercise. Because **Revitalise is not a meal replacement**, it is ideal to drink between meals. Revitalise is perfect when combined with a meal, such as a salad or a serving of mixed berries or a banana.

Better managing your weight leads to better Insulin control

Lowers high blood pressure and cholesterol Revitalise reduces high blood pressure and bad cholesterol when part of low salt and low saturated fatty acids diets.

Here are some other ways Revitalise can help you…

Boosts your energy Revitalise gives you sustained energy. It is also enriched with vitamins B1, B2 and B3. These contribute to normal energy metabolism. Plus folate and vitamins B2 and B3 assists in reducing tiredness and fatigue.

Boosts your immune defences A strong immune system helps you fight sickness. Revitalise contains Folic acid, Iron and Zinc. These are necessary for normal immune system function. Vitamins A and C contribute to the normal functioning of your immune system. Because Revitalise contains **prebiotic fibre**, it feeds the good bacteria in your gut, helping to boost your immune system.

Muscle function and performance Good nutrition is vital in falls prevention, as weakness can result from a loss of muscle mass and strength. Revitalise's protein helps the growth and maintenance of your muscles. Calcium and Magnesium are necessary for normal muscle function.

Bone health Calcium and Vitamin D enhance bone mineral density. Protein assists with the maintenance of normal bones.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP $32.95 Revitalise, gives you 14 serves (2 weeks supply).

Free delivery for online orders

See below for stockists or ask your local chemist to get Revitalise in for you. Or buy online from **bodycarenutrition.com.au**. Insert Coupon Code **goodhealth2020** into the shopping cart for **free delivery**. Offer expires 30/06/20.

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- **Cannonvale**, LiveLife Pharmacy
- **Eumundi**, Eumundi Village Pharmacy
- **Hervey Bay**, (Pialba), Friendlies Pharmacy
- **Hervey Bay**, (Pialba), NOVA Discount Pharmacy
- **Jindalee**, Jindalee Chemsave
- **Pelican Waters**, Pelican Waters Pharmacy
- **Redbank**, Priceline, Redbank Plaza
- **Mapleton**, Mapleton Pharmacy
- **Mt Ommaney**, Blooms, Mount Ommaney S/C,
- **Murgon**, Amcal Pharmacy
- **Toowoomba,** Just Pharmacy, James St
- **Yandina**, Sunshine Coast Compounding Pharmacy

New South Wales
- **Alstonville**, Main Street Pharmacy
- **Austral**, Pharmacist Advice
- **Austral**, West Hoxton Pharmacy
- **Bargo**, Pharmasave Bargo Discount Pharmacy
- **Bateau Bay**, Bateau Bay Road Chemist
- **Bathurst**, Moodies Pharmacy, Howick Street
- **Baulkham Hills**, Mullanes, Stockland Mall
- **Bondi Junction**, Terry White Chemmart, (Westfield)
- **Budgewoi**, Discount Drug Store
- **Bundanoon**, Bundanoon Pharmacy
- **Campbelltown**, Priceline Pharmacy, Macarthur Square S/C
- **Cecil Hills**, Penna's Pharmacy
- **Cooranbong**, Cooranbong Pharmacy & Compounding
- **Drummoyne**, Destros Pharmacy
- **Dubbo (East)**, Orana Mall Pharmacy, Orana Mall
- **Dundas**, Springfield Pharmacy
- **Edensor Park**, Pennas Pharmacy
- **Erina**, HealthSAVE Chemist, Erina Fair
- **Figtree**, Figtree Plaza Chemist
- **Forbes**, Flannery's Pharmacy
- **Forbes**, Life Pharmacy, Bernardi's Market Place
- **Glendale**, Chemistworks, Stockland Super Centre
- **Glenmore Park**, Mediadvice, Town Centre
- **Green Valley**, Penna's Pharmacy
- **Goulburn**, Priceline, Centro
- **Hammondville,** Hammondville Discount Pharmacy, 44 Walder Rd
- **Kingsford**, Pharmacy@UNSW
- **Kurrajong,** Pharmasave Kurrajong Compounding Pharmacy
- **Lethbridge Park**, HealthSAVE Lethbridge Park Pharmacy
- **Liverpool**, Priceline Pharmacy, Westfield
- **Liverpool**, Penna's Pharmacy
- **Maitland (East)**, Your Discount Chemist
- **Miller**, Pharmasave Miller Discount Pharmacy
- **Mittagong**, Capital Chemist
- **Mullumbimby**, Mullum Chemsave Pharmacy
- **Murrumbateman**, Murrumbateman Pharmacy
- **Oran Park**, Priceline Pharmacy, Oran Park S/C
- **Orange**, McCarthy's Pharmacy, Lords Pl
- **Parramatta**, Priceline, Westfield
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- **Penrith (South)**, Priceline, Southlands
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- **Port Macquarie**, Your Discount Chemist
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- **Queanbeyan**, Blooms The Chemist
- **Ramsgate Beach**, Eddies Pharmacy
- **Ryde (West)**, PharmaSave, Victoria Rd
- **Seven Hills**, Better Health Pharmacy, Shop 70, Seven Hills Plaza
- **Seven Hills**, Priceline, Shop 48, Seven Hills Plaza
- **Shortland**, My Community Pharmacy
- **St Clair**, Priceline, St Clair S/C
- **St Marys**, Easy Script, Queen St
- **Tamworth**, Blooms, Peel St
- **Tamworth**, The Centre Pharmacy, Northgate S/C
- **Toukley**, Hopes Pharmacy
- **Ulladulla**, Beachside Capital Chemist
- **Urunga**, The Urunga Pharmacy
- **Wetherill Park**, Chemistworks, Stockland
- **Windang**, Windang Pharmacy & Compounding
- **Wyee**, Wyee Centre Pharmacy
- **Yass**, My Pharmacy, Laidlaw St

ACT
- **Conder**, Lanyon Pharmacy, Lanyon Market Place
- **Gungahlin**, Priceline Marketplace
- **Kaleen**, Caremore Pharmacy, Kaleen Plaza
- **Wanniassa**, Erindale Pharmacy, Erindale S/C
- **Weston**, Cooleman Court Pharmacy

Victoria
- **Ballarat**, Crawfords Pharmacy
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- **Diamond Creek**, Diamond Creek Pharmacy
- **Dingley**, NOVA Pharmacy
- **Frankston**, Pharmacy Neo Towerhill
- **Frankston**, NOVA Pharmacy
- **Greensborough**, Tom Lane Pharmacy
- **Hampton Park**, NOVA Pharmacy
- **Langwarrin**, NOVA Pharmacy, Gateway Shopping Village
- **Malvern**, Pharmacy Neo, Malvern Central
- **Plenty**, Eco+Life Pharmacy
- **Port Fairy**, Pharmacy Neo Port Fairy
- **Thornbury**, Steve Kolliou CareMore Pharmacy
- **Waverley Gardens**, NOVA Pharmacy, Waverley Gardens S/C

South Australia
- **Port Lincoln**, Priceline, Porter St

Western Australia
- **Exmouth**, Exmouth Pharmacy
- **Landsdale**, Landsdale Guardian Pharmacy
- **Mandurah**, Mandurah Central Pharmacy
- **Ocean Reef**, Ocean Reef Pharmacy
- **Stratton Park**, Stratton Park Pharmacy
- **Success**, Cockburn Super Clinic Pharmacy

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BodyCare Nutrition's Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate.
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